INGREDIENTS FOR THE GOOD LIFE
EatingWell®
DECEMBER 2020
50 DELICIOUS HOLIDAY RECIPES
SUPER SIDES
Like These Crispy ←HASSELBACK POTATOES with Cilantro-Peanut Dressing! P. 102
A NEW ORLEANS CHRISTMAS FEAST
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FEATURES

70
The Responsible Burger
Plant-based meats have muscled their way onto supermarket shelves and restaurant menus nationwide—as a more environmentally friendly alternative to beef. But are they, really?
By Jonathan Kauffman

80
Cookies in the Year of Baking
Cookbook author Dorie Greenspan shares how she's reimagining holiday cookies in 2020, when even the nonbakers among us have been getting their hands floury.
By Dorie Greenspan

98
What the Pros Make
This year we turned to a distinguished mix of food experts to find out what they make when the holidays roll around.
Recipes by Andrea Nguyen, Nik Sharma, Nora Singley, Lesley Téllez, Michael Twitty

108
Feed Them Brunch
Holidays mean houseguests and that means besides dinner, you need to figure out a morning meal too. Biscuit sandwiches, a spiced pumpkin English muffin bake and more are sure to please.
By Caroline Fennessy Campion

88

HOLIDAYS, NEW ORLEANS STYLE

This year we're due for some serious celebrating. And there's no better place to show us how than the Crescent City—home to Mardi Gras, Jazz Fest, Bourbon Street and Réveillon.

By Rien Fertel
Recipes by Frank Brigtsen

PHOTO BY COLIN D. YOUNG/ALAMY

DEPARTMENTS

SIMPLY CHARMING!

Don't miss our $15-and-under gift picks, like this bottle stopper with 8 detachable wineglass charms, page 118.

6 Editor's Letter

8 Chatter

123 Recipe Index

11 Good Life
Dig in. We've got the science on immune-bolstering foods *(p.12)*. And if you're traveling for the holidays, check out our expert tips for getting there without getting something *(p.14)*. Plus, are the sulfites in wine bad for you *(p.16)*? Because goodness know it's flowing right now.

31 Dinner Tonight
You've got enough big meals to think about. So let's keep the rest of them easy-peasy with recipes like Butternut Squash & Spinach Lasagna *(p.32)*, Pull-Apart Antipasto Sliders *(p.34)* and Creamy Mustard Chicken Thighs *(p.47)*.

63 Good Food Fast
Two words: pancake tacos. We have a bunch of sweet and savory options you can assemble in a flash. And to toast the season, mix up a batch of festive apple cider cocktails or mocktails *(p.68)*.

117 Well Seasoned
That's a wrap! Our picks of the best gifts for food lovers. (Giddiness guaranteed to ensue.) Also, Test Kitchen secrets to making a healthier version of eggnog that tastes just as rich as you remember *(p.122)*.

124 Food with Purpose
San Diego nonprofit Kitchens for Good is offering culinary job training and hunger relief to those in need.

COVER PHOTO: GREG DUPREE
STYLING: CHELSEA ZIMMER (FOOD), CLAIRE SPOLLEN (PROPS)

COVER RECIPE: PAGE 102

THIS PAGE: JENNIFER CAUSEY

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Home for the Holidays

Last year on Christmas day I floated down an ancient waterway in the Sian Ka'an Biosphere Reserve in Mexico's Yucatán Peninsula with my family. Alligators and manatees lolled in the water. We spotted storks, egrets, herons and mangrove cuckoos. After the boat trip we devoured tacos al pastor, an explosion of tangy, savory pork and fiery salsa washed down with frosty beer. This December will be different. I'm staying put in Vermont. I'm hoping to be able to get together with family. The usual parties, events and travel are off the table. That's OK. I love to cook, so it will be all about the meals.

This issue is stacked with recipes to keep us cooks entertained and well-fed throughout the season. There's barbecued shrimp, a satsuma orange salad, bread pudding with praline sauce and more from New Orleans chef Frank Brigtsen. I plan to tackle the ballotine that food stylist Nora Singley shared with us. A deboned chicken, rolled up around leek and chestnut stuffing, then trussed and roasted, it's an over-the-top way to prep a bird, with only slightly less-elaborate echoes of turducken. Then there's brunch. My mouth waters every time I look at the pickled bloody marys on page 110. (It's a cocktail. It's a salad. It's a midmorning snack. It's all three!) And piping-hot sweet potato biscuits turned into egg sandwiches? Yes, please! In the past I've been inconsistent about baking holiday cookies. But then again I wasn't into baking bread before 2020 either. So chances are I'll mix up some of the beauties that cookbook author Dorie Greenspan shares with us on page 80.

I'm sorry there's not going to be a competitive Yankee swap in my near future. And I sure wish I was packing my swimsuit and fishing rod for a trip to Mexico. But I will eat well. And I'll also keep what really matters—family, friends, colleagues—in my heart and mind, even if I won't be with them face to face.

Cheers,

Jessie

Jessie Price
editor@eatingwell.com

Follow me on Instagram @jessieeatswell

TOP: BRETT SIMISON; BOTTOM: RACHEL MAREK

IN MEMORIAM Hundreds of beautiful food images, photographed by Blaine Moats, have graced our pages for nearly a decade. Not only was Blaine a phenomenally talented photographer—always able to deliver our wildest dreams—he was phenomenally talented as a human being. Blaine was dedicated to his friends and family, and his consideration for others was always evident. We often worked with him remotely, and he would send spoof videos featuring a diva "artiste" photographer, that would leave us laughing during our shoots. We miss him dearly but his work will live on. Blaine was 53.

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WHAT'S TRENDING ON EATINGWELL.COM

1 **Boozy Hot Chocolate Board** Make our decadent-tasting cocoa recipe in your slow cooker for hands-off prep. Then spike it with your favorite sweet liqueur—like Kahlúa or Baileys—and set out an assortment of fun toppings, from candies to cookies (*above*). *EatingWell.com/BoozyBoard*

2 **Best Air-Fryer Recipes** Our early holiday gift to you: a collection of easy air-fryer recipes. We've got cheesy baked potatoes, crispy breaded pork chops, zucchini fries, falafel and more. The hard part? Deciding what to make first. *EatingWell.com/AirFryerRecipes*

3 **Dessert with Naz Deravian** Food blogger and cookbook author Naz Deravian shares her tradition for Yalda, Iran's celebration of the winter solstice. Plus, try her recipe for Pomegranate Masghati, which Deravian describes as "a cross between Jell-O and panna cotta." *EatingWell.com/WinterSolstice*

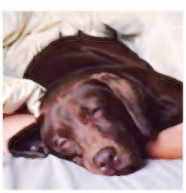
WE ASKED YOU:

It's the season of giving! What's your favorite way to treat your pet?

Salmon skins! —*toastrhodeisland*

Homemade treats and grilled chicken... and long belly rubs too. —*katherinecowger*

Take the long way on a walk. —*balancingbike*



In-bed snuggles. —*juliapm612*

Giving them a spa day at the groomers. We all feel good after. Win win. —*donnamryglod*

Frozen green beans & **Frisbee throwing**!!! —*holliegrisolia*

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GOOD LIFE

Hover your phone's camera over this smart code to get step-by-step instructions for making this wreath.

DECORATIVE & DELICIOUS

FRESH IDEAS FOR EVERY DAY

"A culinary wreath makes the perfect holiday decor and gift all in one," says Hope Sword, owner of Pigsty Studio in Venice, California, a full-service floral design studio where she also hosts wreath-making workshops. "There is a thoughtfulness and an eye toward the environment when it comes to decorations right now, so anything that can be reused or repurposed is a welcome idea—especially for cooking." And the unusual trimmings on the wreath she created here, as well as their asymmetrical placement, make it unique. Sword chose simple pine boughs adorned with a variety of dried chile peppers, rosemary, sage, lavender and bay leaves, which can be used in all sorts of dishes when the wreath comes down. Other herbs and spices, such as thyme, cardamom, cinnamon sticks and even dried citrus, will work too. Sword, whose clientele includes Jane Fonda, Kylie Jenner and Julia Roberts, says, "I like to forage as much as possible and create combinations that I can imagine turning into a delicious soup, sauce or cake." Truly a gift that keeps on giving. *—Kimberly Stevens*

ZAK BUSH; STYLING: HOPE SWORD/PIGSTY STUDIO

Immune-Boosting Foods

Achoo? Not You. Research shows that what you eat can help fend off colds and flu. **By Jessica Levinson, M.S., R.D.N.**

An estimated 39 to 56 million Americans had the flu last winter, and the prevalence of colds is even higher (adults average 2 to 3 annually). With the added threat of COVID-19, it's more important than ever to keep your body's natural defenses strong. While no food or supplement can prevent or cure this novel coronavirus, along with basics like proper hand-washing, "a well-balanced diet allows your immune system to be the best version of itself," says Kris Sollid, R.D., senior director of nutrition communications at the International Food Information Council. Here, 4 dietary additions to bolster yours all flu season long.

ROCK SOME BOK

Leafy greens like bok choy, kale and spinach are rich in magnesium, which has been shown to play a role in how the body handles inflammation. In fact, an analysis of dietary data from more than 5,000 adults found that those who didn't take in the recommended amount of magnesium were more likely to have elevated levels of C-reactive protein, a marker of chronic low-grade inflammation. That's important because this type of chronic inflammation can make it harder for your immune system to do it's job, says Taylor Wallace, Ph.D., an adjunct professor of nutrition at George Mason University in Fairfax, Virginia. Yet more than half of Americans don't get enough magnesium in their diets. A half cup of cooked spinach gives you about 20% of the recommended Daily Value of 420 mg. Other good sources include legumes, nuts, seeds and whole grains.

UP YOUR D

Having adequate blood levels of vitamin D could help ward off colds and flu. A meta-analysis of randomized controlled trials published in the journal *BMJ* found that participants deficient in this "sunshine vitamin" who took vitamin-D supplements daily or weekly had significantly fewer

PENNY DE LOS SANTOS

upper respiratory tract infections than those who didn't. In many parts of the U.S., the sun doesn't get high enough in the sky in winter for sufficient rays to reach your skin and spur your body to produce vitamin D. You may want to discuss your vitamin D levels and supplementation with your doctor. But you can also get it from foods like fatty fish, wild or UV-exposed mushrooms and vitamin-D fortified milk, OJ and cereal.

GET FUNKY

Let this one marinate: a growing body of research suggests that your gut bacteria directly impact immune function. One preliminary study published in *Scientific Reports* suggests that the good bugs found in fermented foods like yogurt, kefir, kimchi, sauerkraut and tempeh can help fight viral diseases like the flu—and bolster your defenses against future infections. That's because fermented foods offer double the gut benefits, says Wallace: they contain probiotics, enriching your gut with more beneficial bacteria, and they act as prebiotics that feed that bacteria and help it flourish.

GO MED

In a study out of Spain, families with children who suffered from frequent colds were asked to adopt a traditional Mediterranean diet—full of whole grains, fruits and vegetables and omega-3-rich foods like olive oil and seafood. After a year, the researchers saw a significant reduction in the number of times the children were sick, with just over 50% having no colds (compared to an average of around 5 episodes per child in the previous year). And treatment for cold symptoms fell by 57%. One reason why: a Mediterranean style of eating has been shown to be anti-inflammatory. Fish, in particular, is a good source of omega-3 fatty acids that help reduce inflammation and support immunity.

What about vitamin C? Learn more at *eatingwell.com/vitaminC*

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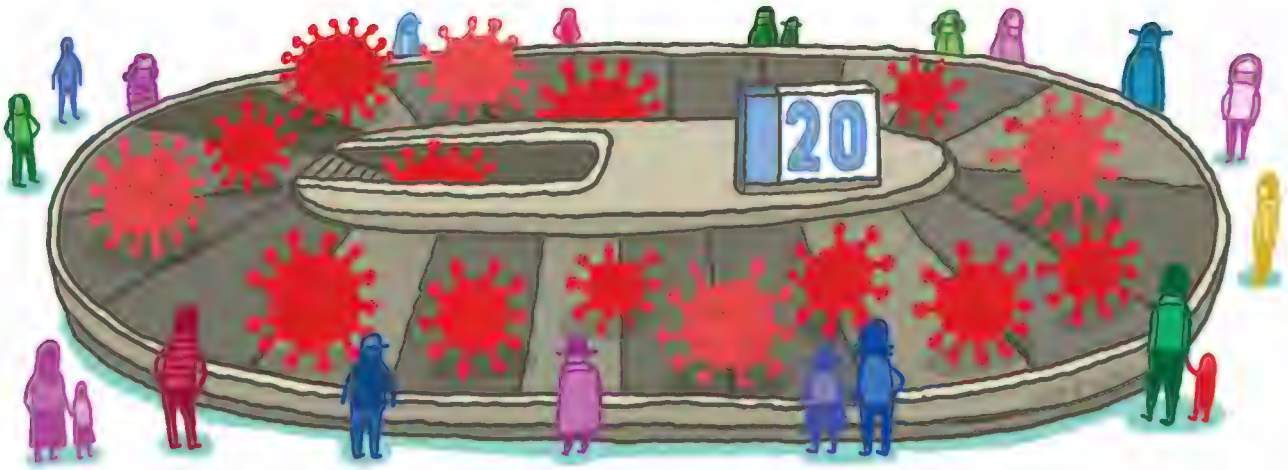

Safe Travels!

Holiday getaways can bring their share of stress in any given year, but this travel season is in a league of its own. Use these tips to get there and back with your sanity intact. **By Tina Caputo**

We've spent nearly a year in this surreal landscape of wearing masks, hand-sanitizing and socially distancing—and know the drill about when and how long to quarantine if we visit a virus hot spot and how to keep vulnerable loved ones safe. But for many of us, the holidays will mean traveling farther afield to see friends and family outside our usual bubble. *EatingWell* consulted experts about the best strategies for navigating this new territory.

BEFORE YOU TRAVEL

Touch Base. Talk to the people you plan to visit about their habits. Have they been distancing and wearing masks? Getting together with people outside their household? Are their kids attending in-person classes? If you're not comfortable with the answers, you may want to book a hotel room, or suggest that both you and they quarantine in the weeks before your arrival, says William Greenough III, M.D., professor emeritus of medicine at the Johns Hopkins University School of Medicine.

Drive On. Plan to travel by car, if possible. It's the safest option because it minimizes interactions with others, according to Dean Blumberg, M.D., chief of pediatric infectious diseases at UC Davis Children's Hospital in Sacramento, California.

Book Smart. Need to fly? Choose an airline that isn't packing its planes. "Call and ask them if they are filling the middle seats and whether they are flying full," advises Greenough. If the answer is yes, try another carrier.

Be Selective. Staying in a hotel? Ask about advanced check-in and keyless entry options that allow you to bypass the front desk and unlock your room with your phone. And request a room on the ground floor to avoid close quarters (and buttons) in elevators.

ON THE JOURNEY

Equip Yourself. Keep a kit in your car or carry-on bag with extra face masks (opt for triple-layer cloth coverings), as well as hand sanitizer (at least 60% alcohol) and plenty of disinfectant wipes. But skip the disposable gloves. "It's easy to contaminate your hands when you're taking the gloves on or off," explains Greenough.

Minimize Food Stops. Pack a cooler with sandwiches, water and snacks—like precut fruit and veggies—for the car. And if you must pull off for a meal, stick to drive-thrus, takeout or outdoor seating options. If you're flying, bring a water bottle to fill at the airport and sealed food and snacks.

Use Those Wipes. Disinfect high-touch items like gas pump handles and credit card keypads and sanitize your hands afterwards. On flights, wipe down hard surfaces around you like the seat buckle, window shade and tray table.

Space Out. Distance as much as possible from other passengers on your flight, and ask to switch seats if you aren't comfortable where you are. If you're unable to, Blumberg recommends using a straw for drinking so you can keep your mask on—and slipping snacks underneath it.

Handle with Care. Wipe down personal items after they go through security, paying most attention to high-touch surfaces like handles and zippers.

AT YOUR DESTINATION

Wipe Again. Decontaminate all high-touch surfaces in the room where you're staying, including door handles, faucets and remotes.

Stay Flexible. Be aware that the virus situation can change on a dime. Before you return from your trip, check to see if there are updated travel restrictions for the state and county you live in *and* the place you're visiting—so you'll know whether you'll need to quarantine at home or maybe extend your vacation.

ILLUSTRATIONS BY AARON MESHON

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Are the sulfites in wine really bad for me?

By Courtney Schiessl

The thought of preservatives being pumped into what we eat and drink gives many of us pause, and the "contains sulfites" label on wine bottles is no exception. The compound is added to vino to protect against oxidation and maintain freshness, and over the years it's gotten a bad rap for causing headaches and other ill effects. There's even a growing market for "sulfite-free" wine and gadgets claiming to remove these preservatives.

Sulfites have been used since ancient times—especially in winemaking. Today, they're found in many everyday products, including dried fruits, pickles and seafood, yet these foods are rarely accused of causing negative reactions. Sulfites are also added to some medications. In fact, "the amount of sulfites in food is often significantly more than the amount found in wine," says Amy Shapiro, M.S., R.D., founder of Real Nutrition in New York City.

So then why the warning label? It turns out that in 1986, the FDA placed restrictions around the preservative after several people had asthma attacks from sulfites added to raw vegetables. Research has since identified this as a sulfite sensitivity—and it's rare, especially for those who do not have asthma, says David M. Lang, M.D., chair of the department of allergy and clinical immunology at the Cleveland Clinic Respiratory Institute in Cleveland, Ohio. Even among those with asthma, the odds of being sensitive to sulfites is between 1 and 5%. The most common reactions are wheezing or trouble breathing, but in some cases skin rashes and hives or gastrointestinal issues like nausea, stomach cramps and diarrhea may occur. While sulfites are generally recognized as safe for most uses by the FDA, the agency still requires any food or beverage containing 10 parts per million or more of the compound to say "contains sulfites" on the label.

Contrary to popular belief, it's also unlikely that sulfites cause headaches. Experts say they're not a common symptom even for people who are sensitive to sulfites. In reality, that throbber may be due to a number of completely unrelated factors. "Tannins, particularly in red wine, work to open up blood vessels, and that increased blood flow can cause headaches," says Sabina Rebis, M.D., a family medicine provider at Yale New Haven Health in Trumbull, Connecticut. Other components in wine, like histamines, could lead to head-splitters too.

Of course, it may just be the alcohol. "Headaches from wine often come from dehydration—hence the recommendation to drink a glass of water for every glass of wine," says Shapiro.

BOTTOM LINE: If wine gives you headaches, don't blame it on the sulfites. And don't be fooled by bottles that claim not to contain them. While they may not be added before bottling, no wine is truly free of the preservative because sulfites are a natural byproduct of fermentation. So pour that next glass of wine with a clear head and a sidecar of H_2O.

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Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins and herbal supplements.

Especially tell your healthcare provider if you are taking oral, topical or inhaled corticosteroid medicines or if you have atopic dermatitis and asthma and use an asthma medicine. **Do not** change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

DUPIXENT can cause serious side effects, including:

Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis. Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.

Eye problems. Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects in patients with atopic dermatitis include injection site reactions, eye and eyelid inflammation, including redness, swelling, and itching, and cold sores in your mouth or on your lips.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Use DUPIXENT exactly as prescribed. Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it. DUPIXENT is an injection given under the skin (subcutaneous injection). If your healthcare provider decides that you or a caregiver can give DUPIXENT injections, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.

Please see Brief Summary on next page.

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What is DUPIXENT?
- DUPIXENT is a prescription medicine used:
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- DUPIXENT works by blocking two proteins that contribute to a type of inflammation that plays a major role in atopic dermatitis.
- It is not known if DUPIXENT is safe and effective in children with atopic dermatitis under 6 years of age.

Who should not use DUPIXENT?
Do not use DUPIXENT if you are allergic to dupilumab or to any of the ingredients in DUPIXENT. See the end of this summary of information for a complete list of ingredients in DUPIXENT.

What should I tell my healthcare provider before using DUPIXENT?
Before using DUPIXENT, tell your healthcare provider about all your medical conditions, including if you:
- have eye problems
- have a parasitic (helminth) infection
- are scheduled to receive any vaccinations. You should not receive a "live vaccine" if you are treated with DUPIXENT.
- are pregnant or plan to become pregnant. It is not known whether DUPIXENT will harm your unborn baby.
  - **Pregnancy Exposure Registry.** There is a pregnancy exposure registry for women who take DUPIXENT during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Your healthcare provider can enroll you in this registry. You may also enroll yourself or get more information about the registry by calling 1 877 311-8972 or going to https://mothertobaby.org/ongoing-study/dupixent/.
- are breastfeeding or plan to breastfeed. It is not known whether DUPIXENT passes into your breast milk.

Tell your healthcare provider about all of the medicines you take including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your healthcare provider if you:
- are taking oral, topical, or inhaled corticosteroid medicines
- have atopic dermatitis and asthma and use an asthma medicine

Do not change or stop your corticosteroid medicine or other asthma medicine without talking to your healthcare provider. This may cause other symptoms that were controlled by the corticosteroid medicine or other asthma medicine to come back.

How should I use DUPIXENT?
- **See the detailed "Instructions for Use" that comes with DUPIXENT for information on how to prepare and inject DUPIXENT and how to properly store and throw away (dispose of) used DUPIXENT pre-filled syringes and pre-filled pens.**
- Use DUPIXENT exactly as prescribed by your healthcare provider.
- Your healthcare provider will tell you how much DUPIXENT to inject and how often to inject it.
- DUPIXENT comes as a single-dose pre-filled syringe with needle shield or as a pre-filled pen.
- DUPIXENT is given as an injection under the skin (subcutaneous injection).
- If your healthcare provider decides that you or a caregiver can give the injections of DUPIXENT, you or your caregiver should receive training on the right way to prepare and inject DUPIXENT. **Do not** try to inject DUPIXENT until you have been shown the right way by your healthcare provider. In children 12 years of age and older, it is recommended that DUPIXENT be administered by or under supervision of an adult. In children younger than 12 years of age, DUPIXENT should be given by a caregiver.
- **If your dose schedule is every other week and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, wait until the next scheduled dose to give your DUPIXENT injection.
- **If your dose schedule is every 4 weeks and you miss a dose of DUPIXENT:** Give the DUPIXENT injection within 7 days from the missed dose, then continue with your original schedule. If the missed dose is not given within 7 days, start a new every 4 week dose schedule from the time you remember to take your DUPIXENT injection.
- If you inject more DUPIXENT than prescribed, call your healthcare provider right away.
- Your healthcare provider may prescribe other medicines to use with DUPIXENT. Use the other prescribed medicines exactly as your healthcare provider tells you to.

What are the possible side effects of DUPIXENT?
DUPIXENT can cause serious side effects, including:
- **Allergic reactions (hypersensitivity), including a severe reaction known as anaphylaxis.** Stop using DUPIXENT and tell your healthcare provider or get emergency help right away if you get any of the following symptoms: breathing problems, fever, general ill feeling, swollen lymph nodes, swelling of the face, mouth and tongue, hives, itching, fainting, dizziness, feeling lightheaded (low blood pressure), joint pain, or skin rash.
- **Eye problems.** Tell your healthcare provider if you have any new or worsening eye problems, including eye pain or changes in vision.

The most common side effects of DUPIXENT in patients with atopic dermatitis include: injection site reactions, eye and eyelid inflammation, including redness, swelling and itching, and cold sores in your mouth or on your lips. Tell your healthcare provider if you have any side effect that bothers you or that does not go away.
These are not all of the possible side effects of DUPIXENT. Call your doctor for medical advice about side effects. You may report side effects to FDA.
Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

General information about the safe and effective use of DUPIXENT.
Medicines are sometimes prescribed for purposes other than those listed in a Patient Information leaflet. Do not use DUPIXENT for a condition for which it was not prescribed. Do not give DUPIXENT to other people, even if they have the same symptoms that you have. It may harm them.
This is a brief summary of the most important information about DUPIXENT for this use. If you would like more information, talk with your healthcare provider. You can ask your pharmacist or healthcare provider for more information about DUPIXENT that is written for healthcare professionals.
For more information about DUPIXENT, go to www.DUPIXENT.com or call 1-844-DUPIXENT (1-844-387-4936)

What are the ingredients in DUPIXENT?
Active ingredient: dupilumab
Inactive ingredients: L-arginine hydrochloride, L-histidine, polysorbate 80, sodium acetate, sucrose, and water for injection

Manufactured by: Regeneron Pharmaceuticals, Inc., Tarrytown, NY 10591
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Issue Date: June 2020

DUP.20.06.0310

An Exercise in *Ahhh*

Could this special type of yoga help you feel happier and less stressed and even sleep better? We're in. **By Joseph Hernandez**

If you could reap the benefits of a four-hour nap in a 20-minute yoga session, would you do it? That's the promise of yoga Nidra. And it's quite the opposite of the yoga you might imagine—filled with lots of Downward Dogs, challenging sequences and long periods of gracefully (or not so gracefully) maintaining Tree Pose. Practitioners are guided into a relaxed state while simply lying down in Savasana, or Corpse Pose. "I describe it as meditation made easy," says Kamini Desai, Ph.D., author and executive director of the Amrit Yoga Institute in Salt Springs, Florida.

How to Practice It

The first (and only) step is to pick a comfortable spot and lie on your back—Savasana is a favorite yoga pose for a reason. You can use a pillow for your head, a bolster under your knees or a blanket for warmth. From there, it's about bringing your awareness to your breath and away from your thoughts by calling your attention to your body parts one by one, starting at your toes and working up to the crown of your head, pausing to focus on each one in detail—every toe, finger, part of your face. (An app like Yoga Nidra: Sacred Sleep can walk you through it.) According to Desai, this guided body scan is meant to ease the transition into a meditative state between sleeping and wakefulness, "where one can access those brainwaves as if we were going to sleep." If it sounds like the beginnings of a nap, you're not far off. The whole process takes between 20 and 45 minutes.

Does It Work?

Yoga Nidra has been praised for its ability to induce deep relaxation, reduce anxiety and promote better sleep. And there's some evidence to support those claims. In a 2018 *International Journal of Yoga* study, participants who did yoga Nidra and seated meditation for 45 minutes, twice a week for three months had lower levels of anxiety, stress and depression compared to volunteers who didn't practice them. While both were beneficial, the researchers found that yoga Nidra was easier to perform. Another review from investigators at Harvard and UC San Diego on the mental and physiological effects of various meditation practices showed that yoga Nidra can increase levels of the "happy hormone" dopamine, which helps regulate mood, attention, sleep and reward-motivated behavior.

In fact, yoga Nidra is increasingly being used by veterans, people recovering from addiction and those who are just plain overstressed. "In the Western world, we live hyperactive lifestyles, so you may not know where you're holding your grief, trauma, anxiety or even just your work tension," says Kelli Wefenstette, a yoga instructor and owner of Wildlight Yoga in Chicago. Unlike seated meditation, where a practitioner can lose focus or become self-conscious, the body scan in yoga Nidra takes away that pressure to "do it right." Even as you begin to relax, you'll still largely be aware of the instructions—and by focusing on your body, you're not dwelling on your racing thoughts and anxieties, if only for a little while, which can help reconnect mind and body.

"If you practiced yoga Nidra three or four days a week, it's like putting $15 of gas into your tank," says Desai. "If you're using only $10 worth, your tank will always have what you need plus a little bit more."

ILLUSTRATION BY KEIKO MORIMOTO

You to the Rescue

In this season of giving, consider supporting organizations taking a creative approach to homing the country's furry and feathered friends. **By Rachel Stearns**

Many a mug and bumper sticker proudly reads "Who rescued who?" And there may be something to that. Spending time with animals has been shown to lower blood pressure, stress and anxiety, and increase physical activity. Yet an estimated 6.5 million animals enter shelters every year—and organizations working to unite them with happy homes are constantly stretching their resources. This year, with more people stuck at home, many shelters have seen an uptick in adoptions, but the ongoing economic and eviction crises mean that there are still plenty of pets in need (72% of renters have pets). Here are four pet-rescue nonprofits to consider supporting this year.

Feeding Pets of the Homeless
petsofthehomeless.org Anyone can fall on hard times, and the people behind this organization believe no one should have to give up their companion due to a lack of funds. Since 2008, they've been providing food and medical care to pets of people experiencing homelessness around the country. Through partnerships with veterinarians, the nonprofit runs free pet-wellness clinics and provides free emergency vet care like tooth extractions, mass removals and parvovirus treatment. Its emergency hotline, which connects pet owners to participating vets, received more than 7,700 calls in 2019. Feeding Pets of the Homeless also donates crates to homeless shelters to make pet accommodation easier.

In parts of the U.S., up to 25% of people experiencing homelessness have companion animals. Pets provide support, friendship and protection for their owners in need. Nonprofits like Feeding Pets of the Homeless help dynamic duos like this stay together.

COURTESY FEEDING PETS OF THE HOMELESS

Susie's Senior Dogs
susiesseniordogs.com
In 2014, Erin Stanton and her 12-year-old Chihuahua mix, Susie, set out to show the world that senior dogs have loads of love to give. Since then, her nonprofit has connected more than 2,500 dogs 7 years and older with pet parents nationwide by sharing their photos and stories on social media. And Stanton's impact is even bigger than those numbers suggest: she says people are always writing to tell her they were inspired to adopt a senior dog in their area. Donations go toward expenses like dental work, heartworm treatment or special surgeries to help make dogs more adoptable.

Thoroughbred Retirement Foundation
trfinc.org
Once racehorses can no longer compete, their futures may be bleak. One Saratoga Springs-based organization has stepped in and rescued upward of 6,000 horses in the 37 years it's been in operation. (The city in upstate New York has a deeply rooted horse-racing culture.) TRF places horses with families or secures their peaceful retirement on farms around the country. An initiative called Second Chances also maintains farms at six U.S. correctional facilities, giving people who are incarcerated the opportunity to develop specialized equine-care skills that can help them secure jobs after their release.

Sanctuary One at Double Oak Farm
sanctuaryone.org
This southern Oregon farm provides refuge for abused or abandoned cats, dogs, pigs, horses, ducks, goats and more—forever, if necessary. In fact, its ample space allows Sanctuary One to take in hard-to-adopt animals from overcrowded shelters so they can continue looking for their forever home, says executive director Megan Flowers. The sanctuary's residents are cared for in part by volunteers—including those in local enrichment programs like the Maslow Project, which serves youth experiencing homelessness—who themselves benefit from spending time on the farm. "People who are often marginalized in our communities find a home here," says Flowers.

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Table Talk with Daphne Oz

The newest judge of *MasterChef Junior* and host of the *The Dish on Oz* talks about her love for pizza, weekly baking projects with her four kids and what she's grateful for this holiday season.
By Lucy M. Clark

Finish this sentence: To me, cooking is... New memories, freedom and fun.

What food says home to you, and why? My mother's spaghetti with Staten Island marinara sauce, my grandmother's Caesar salad and my grandfather's stuffed artichokes.

What kitchen tool or gadget could you not live without? I'm completely obsessed with my Breville Smart Oven Pizzaiolo Pizza Oven. We use it at least weekly for pizza parties. It's electric, but cooks pizzas in 90 seconds that taste just like wood-fired. My husband uses it to make a charred broccoli situation with pecorino and oregano that has become one of our family's most requested dishes.

What's for dessert? Honestly, the only desserts I really think are worth it are ones I make at home. The kids [Giovanna "Gigi," age 1, Domenica "Nica," 2, Jovan Jr., 5, and Philomena, 6] and I make cake or cookies at least once a week.

We're all about eating deliciously *and* healthy. How do you walk that line? Before I eat something I know isn't great for me, I'll count to my age. This gives me (now) 34 seconds to really consider whether I want to eat that food or if I'm doing it out of boredom, stress, celebration, etc. If I decide to treat myself, I sit and enjoy it and let the experience of indulging fuel my resolve to live well most of the time. Life is too short to deprive yourself of wonderful, enriching great bites!

What health or beauty ritual do you never skip, no matter how busy you are or how hectic life gets? I always, *always* take my makeup off with coconut oil in a hot shower at the end of the night. It makes me feel so fresh and new and ready for bed. It also opens up all my pores to let me get a better end-of-day cleanse.

***EatingWell* has promoted sustainability since day one. What environmental issue speaks to you the most?** The best thing any of us can do to support sustainability is to be conscious when we enjoy meat. I savor it when I do, but I rarely have red meat more than once or twice a month. Little efforts go a long way, and limiting our consumption of a resource that takes thousands of gallons of water and acres of land to produce and making sure that we only consume high-quality options (from farmers who treat their animals humanely) is one of the simplest ways we can all contribute.

What are you most thankful for this holiday season? I am most thankful for the little things that are the big things. Laughing and smiling with my family every day. FaceTiming with friends. Being able to appreciate little moments with the kids that would have been lost in the usual business of my day.

To read more of our Q&A with Daphne, hover your phone's camera over this smart code.

ELIZABETH PETTEY PHOTOGRAPHY

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Can Your Diet Be *Too* Good?

Experts explain how a focus on nutritious foods can veer into eating-disorder territory. **By Joyce Hendley, M.S.**

For Anna Kilar, 2014 started with what seemed like a great New Year's resolution: To eat healthier foods and "be a better version of myself." Then a college freshman on winter break, she returned to campus armed with knowledge she'd gleaned from online articles about "good" and "bad" foods. At the dining halls, she limited herself to foods that had minimal ingredients—chicken breast, fruit and plain vegetables—"because of an overwhelming fear of having something with multiple ingredients, and not knowing what they were," says Kilar.

Gradually, her eating became more restrictive, as she eliminated more and more foods from her diet "that my mind deemed unhealthy and toxic," she recalls. "During social events, a visit to a friend's house or even a weekend trip home, I would politely decline the food they offered and stick to only the foods I allowed myself to have." She was falling into what she describes as a downward spiral into an eating disorder.

Kilar's symptoms are typical of orthorexia nervosa—a condition where the desire to eat healthfully can become so extreme that it's actually unhealthy. While orthorexia doesn't have an official psychiatric diagnosis, it's gaining recognition among experts as "a serious form of disordered eating behavior," according to Claire Mysko, CEO of the National Eating Disorders Association in New York City. Experts aren't sure how many people may have orthorexia, but studies have found wildly different estimates ranging from 3 to 21 million Americans.

The main thing that sets orthorexia apart from eating disorders like anorexia and bulimia is that it doesn't necessarily revolve around being thin, or obsessing over calories or quantities of food. Instead, symptoms can include compulsively checking ingredient lists, being unable to eat foods not deemed "pure," panicking when "safe" or "healthy" foods aren't available and spending extreme amounts of time thinking about food and meal planning. Orthorexia is thought to share common ground with conditions like obsessive-compulsive disorder (OCD) and anxiety.

What concerns experts about the condition is that, "Someone might never even recognize that they need help, since they believe they're 'doing everything right,'" says Jennifer Mills, Ph.D., a clinical psychologist and professor of psychology at York University in Toronto, who recently co-authored a review of orthorexia risk factors in the journal *Appetite*. What's worse, she adds, is that clinicians might not see it as a problem: "A doctor may say, 'You look completely healthy, your diet looks good, you're not underweight, there's no cause for concern.'"

To be clear, there's nothing wrong with actively pursuing better health or following a diet filled with good-for-you foods like wild salmon and organic broccoli. What crosses the line into orthorexia is when healthy eating becomes an obsession that interferes with a person's life and well-being—for example, when the obsession with food causes someone to lose interest in loved hobbies or leads them to skip important social events. In severe cases, it can lead to malnutrition, social isolation, guilt, self-loathing and other problems.

Treatment for orthorexia may include talk therapy, behavioral therapy and medication. "Early intervention makes a huge difference," says Mysko. "Because the sooner you get help, the less chance the behavior has to become entrenched—and that can make it easier to recover from."

After coming out of treatment, Kilar worked with a medical team that included a dietitian and therapist for about four years. Today, at 25, the runner appreciates how food fuels her body. "Anytime I do a race, I think to myself, 'This wouldn't be possible without understanding my body and how to nourish it.'" Kilar now counsels patients with eating disorders in the Chicago area. To anyone worried their healthy eating has gone too far, she urges, "Don't be afraid to ask for help. I'm so glad I did, because I wouldn't be where I am today."

If you or someone you know is struggling with an eating disorder, call the **National Eating Disorders Association Helpline** at 1-800-931-2237 or text "NEDA" to 741-741.

Symptoms of Orthorexia

1. Spending hours per day thinking about food and the consumption of food

2. Being increasingly concerned about the health of ingredients

3. Avoiding or restricting a growing number of foods

4. Only eating foods deemed "clean" or "pure"

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Tony Chocolonely's corporate bars are split into unequal chunks, a reminder that profits in the chocolate industry are unfairly divided.

Raising the Bar

Tony's Chocolonely is on a mission to disrupt the cacao monopoly, end slavery and child labor in the chocolate industry and make production fairer for farmers. **By Jane Black**

Corporate annual reports are, for the most part, as boring as they sound—and are read dutifully, if at all. But at Dutch chocolate company Tony's Chocolonely, where the employees have creative titles like the "countess of cocoa" and "the sourcerer," everyone can tell you the exact page to turn to for a detailed explanation of the premium that Tony's pays its cacao farmers, or where to find the cases of illegal child labor they've uncovered. "Everything we do, good and bad, is in there," said Ynzo van Zanten, Tony's "choco evangelist" (aka brand spokesperson). "It's the bible of the company."

That fervor for transparency is Tony's way of remaking the dark world of chocolate, where child labor is rampant and human trafficking is not unheard of. In May, a leaked report funded by the U.S. Department of Labor revealed that over the last decade, the number of children working in cacao fields in Ivory Coast and Ghana, the two largest cocoa producers, has jumped to more than 2.1 million. A report in July from the International Cocoa Initiative showed that these numbers had risen even higher during the coronavirus pandemic.

These labor abuses stem largely from the fact that cacao farmers are simply not paid enough. According to the environmental advocacy group Mighty Earth, most cacao farmers make under $1 a day. With earnings that abominably low, there's plenty of incentive for farmers to instead send children into the fields and forests, where they wield machetes and spray dangerous pesticides—tasks that the U.S. government calls some of the "worst forms of child labor."

Tony's was founded 15 years ago by TV journalist Teun van de Keuken (aka Tony), who had reported on and was outraged by the abuses he saw on West African cacao farms. Since the very start, Tony's has educated consumers (a gold seal on each bar reads: "Together we make chocolate 100% slavery free") and paid its farmers 40% more than the commodity price for cacao, an increase that added up to $2.3 million last year.

This is not to say that other chocolate companies aren't making an effort to root out child labor. But what makes Tony's different is that it traces exactly which farms its cacao comes from so that, if there's a problem, it can be fixed (in part by making it easier for children to attend school by helping them obtain birth certificates, creating bicycle programs or even building schools closer to communities). And Tony's is inspiring change by sharing these tracking tools and sourcing principles with competitors, such as Barry Callebaut—the world's largest chocolate manufacturer.

Now the leading chocolate brand in the Netherlands, Tony's has expanded to sell its bars in 22 countries, including the U.S., the U.K. and New Zealand, and continues to push for larger-scale reform. The company petitioned the EU this fall for legislation that would require chocolate companies to prove their supply chains are free of child labor. "It's not about us making 100% slave-free chocolate," says van Zanten. "It's about slave-free chocolate becoming the norm in the world."

CAMILLE DELBOS/ART IN ALL OF US/GETTY IMAGES; INSET: COURTESY TONY'S CHOCOLONELY

More Do-Gooders

These pioneering companies are also changing chocolate

1 **BEYOND GOOD** has eliminated the middlemen in its supply chain. The Brooklyn-based firm buys directly from farmers in Madagascar and even built a factory there, keeping money in the country where cacao is grown.

2 **EQUAL EXCHANGE** A pioneer of Fair Trade practices, this company has been working with cacao farmers since 2001 and also provides pre-harvest financing to small farms.

3 **DIVINE CHOCOLATE** is 45% owned by the Ghanaian Kuapa Kokoo cooperative. This means farmers are paid a premium over Fair Trade prices, have a voice on the board and receive a share of the profits.

Good Hair Days, Always

Miracle-working hair masks you can DIY or buy. **By Christina Vercelletto**

We may love sweater weather, a crackling fireplace and hot cider, but winter's effect on our hair? Not so much. Drier air—especially indoors as the heat kicks on—can take a toll, and your go-to conditioner may not be enough to smooth things over. "The moisturizing effects of a hair mask last much longer than a regular conditioner, because it penetrates deeper into the hair shaft," explains hairstylist Jim Markham, founder and former CEO of ColorProof Color Care Authority, which makes environmentally friendly hair products. He suggests applying a mask once a week. "It can really work miracles to maintain optimal hair health. And the more damaged your hair is, the more transformative the results will be."

If you want to DIY a mask, the ingredients are likely already in your kitchen: Combine 1 tablespoon each of **coconut oil, mayonnaise** and **honey,** then stir in half a mashed **avocado** and one **egg yolk.** Apply to hair and tuck into a plastic shower cap—to trap in the heat from your head and keep the mixture off your clothes—for 20 minutes. (Plastic wrap also works.) "The protein in the egg yolk, combined with the moisture in the honey, avocado, oil and mayo, will leave hair glossy," says Markham. He recommends rinsing the mask off with cider vinegar and water to close your hair cuticles, sealing in shine.

More into products than projects? Here are 4 new finds we'll be slathering on for all the cold months to come.

Garnier Nutrisse Color Revivers
The sun's UV rays can make colored hair fade or turn brassy. This mask pulls double duty, both nourishing hair and enhancing its color (there are multiple shades to choose from). And the treatment, which has avocado oil as its star ingredient, works its wonders in just 5 minutes. *($8, GarnierUSA.com & drugstores)*

Tea Tree Lavender Mint Deep Conditioning Mineral Hair Mask
This heavenly smelling product—major refreshing spa vibes here—nourishes hair and tamps down frizz with mineral-rich French clay. *($21 for 6 packets, PaulMitchell.com)*

Cake The Whip Smart So Many Ways Hair Mask
This creamy treatment is loaded with coconut oil and sweet almond oil and can be used as an after-shampoo leave-in, an overnight deep conditioner or a frizz-busting touch up on dry hair. *($9, Walgreens stores & Walgreens.com)*

Kristin Ess Ultra Hydrating Curl Repair Mask
A curl-defining, shine-boosting, color-oomph-ing concoction that's designed to be left on for anywhere from 5 minutes to an hour, depending on how intense a treatment you need. Did we mention it's also cruelty-free? *($14, Target stores & Target.com)*

SONJA LEKOVIC/STOCKSY

"Making sure we're not trying to homogenize the foods everyone eats into the same smoothie, salad or hard-boiled egg is important."
—Joe Wat
'ĀINA IN SCHOOLS PROGRAM COORDINATOR, KŌKUA HAWAI'I FOUNDATION

Serving Up Tradition

Across the country, school cafeterias are replacing chicken nuggets and cheeseburgers with more culturally relevant dishes. **By Lucy M. Clark**

"It's really easy to show up to a place and tell everyone they should be eating salads. But that's not everyone's culture and there's a reason for that," says Joe Wat, the farm-to-school coordinator for the Kōkua Hawai'i Foundation's 'ĀINA In Schools program. For example, on O'ahu, where he works with 23 elementary schools, there's a toxic parasitic worm found in locally grown leafy greens and some other produce. "So eating salads is not part of the culture where this parasite is endemic," he explains. Cafeterias in Wat's area are bringing in ingredients that are native to Hawai'i, such as cooked 'ulu (breadfruit—a close relative of jackfruit) and dishes like Filipino pork guisantes (pork and peas in tomato sauce), which are reflective of the traditional cuisine of the state's largest ethnic group.

O'ahu's school system is just one of many across the United States joining the growing movement to make school food more inclusive, through both culturally relevant cafeteria meals and nutrition education. "It is important to understand how and what our families eat at home and outside of school," says Stephanie Lip, an alumna of FoodCorps, a nonprofit that connects kids to healthy food in school, and the school nutrition director for the Pacific Grove Unified School District in California. "That way, we can serve foods that are familiar to our students—and that can be a teaching opportunity for students to share with peers."

It's a shift that's backed by research: In a review of more than 40 studies across multiple school subjects (math, science, history, English language arts and ESL), researchers found that culturally relevant education improves student's motivation, interest and ability to engage in their work. The Centers for Disease Control is on board, too, recommending in its guidelines for schools that nutrition education be culturally relevant for students.

"Uplifting our students' cultures is vital because it's in those moments that they feel seen, heard and understood," says FoodCorps service member Genesis Caplan. She points to a nutrition education class she led last fall at Seaton Elementary School in Washington, D.C.—where 42% of students are Hispanic or Latino and 17% are Asian. Caplan, who immigrated to the U.S. from Guatemala as a child, invited a special guest to help with a hands-on cooking lesson: her mom. "We taught the kids how to make one of my favorite Guatemalan foods that I enjoyed growing up—bean tostadas," says Caplan. "One student's face lit up as we passed out the beans. 'I love my papa's frijoles, they're my favorite!' she told me. As we were cleaning up, another student asked if I could write the recipe down in Chinese for her parents. The connections that we were able to make as a class, as a community, will definitely hold a special place in my heart."

EDWIN REMSBERG/ALAMY

DINNER TONIGHT

17 EASY HEALTHY RECIPES

Photos by Carson Downing & Brie Passano

Styling by Kelsey Bulat & Sue Mitchell

LAYER IT ON

Butternut Squash & Spinach Lasagna, page 32

A NOTE FROM JOY

This time of year can be hectic, so having a healthy meal ready to go in the freezer—that I know my kids will love—is a dinner saver on busy nights.

Pan with a Plan

Teach kids the magic of a make-ahead meal with this double-batch lasagna. **By Joy Howard**

ASSEMBLE When you're going to the trouble of making homemade sauce—not to mention stacking all those lasagna layers—you might as well make an extra one to have on hand. Place two 8-inch-square baking dishes next to each other and put together both casseroles at the same time for quick work with a double payout.

PUT IT UP While you cook one of the lasagnas for dinner, pop the other one into the freezer. Covering it with plastic wrap and then Reynold's Wrap foil helps minimize freezer burn.

BAKE When you're ready, bake the lasagna covered in foil. Keeping it covered creates steam that cooks the no-boil noodles.

Butternut Squash & Spinach Lasagna

ACTIVE: 45 min **TOTAL:** 2 hrs 10 min

TO MAKE AHEAD: Refrigerate unbaked lasagna for up to 2 days or freeze for up to 2 months. Remove plastic wrap and replace foil before baking (add 10 to 15 minutes to the baking time if frozen).

- **1 15-ounce container part-skim ricotta**
- **2 cloves garlic, grated**
- **1 teaspoon salt, divided**
- **1 teaspoon ground pepper, divided**
- **1 tablespoon extra-virgin olive oil**
- **1 11-ounce package baby spinach**
- **5 tablespoons unsalted butter**
- **5 tablespoons white whole-wheat flour**
- **2½ cups low-fat milk**
- **2½ cups shredded Italian cheese blend, divided**
- **1 tablespoon chopped fresh sage, plus more for serving**
- **1 1½-pound butternut squash, peeled, seeded and cut into ⅜-inch slices**
- **1 9-ounce package no-boil lasagna noodles**

1. Preheat oven to 375°F. Coat two 8-inch-square baking dishes with cooking spray.

2. KIDS DO Mix ricotta, garlic and ½ teaspoon each salt and pepper in a small bowl. Set aside.

3. Heat oil in a large skillet over medium heat. Add spinach and cook, stirring, until mostly wilted, about 3 minutes. Transfer to a colander and press with the back of a spoon to release excess moisture. Set aside.

4. Melt butter in a medium saucepan over medium heat. Whisk in flour and cook for 1 minute. Slowly whisk in milk. Cook, whisking often, until the sauce has thickened, about 5 minutes. Remove from heat. Stir in 1½ cups cheese, sage and the remaining ½ teaspoon each salt and pepper until smooth.

5. KIDS HELP Spread ¼ cup of the sauce in each of the prepared baking dishes. In each pan, add a layer of noodles, then cover with ⅓ cup of the ricotta, a layer of squash, ¼ cup spinach and ½ cup of the remaining sauce. Repeat the layers. To finish, divide the remaining noodles, sauce and 1 cup cheese between the pans. Cover one lasagna with plastic wrap, then foil. Refrigerate or freeze this lasagna.

6. To bake, coat a piece of foil with cooking spray and cover the lasagna, sprayed-side down. Bake until lightly browned on top, about 1 hour. Let cool for 15 minutes. Serve topped with more sage, if desired. Cut into 6 squares.

MAKES: 2 lasagnas, 6 servings each

Cal 314 **Fat** 16g (sat 9g) **Chol** 43mg **Carbs** 29g **Total sugars** 4g (added 0g) **Protein** 16g **Fiber** 3g **Sodium** 449mg **Potassium** 266mg.

INSET: BRETT SIMISON

Broccoli? What broccoli?

Kraft

For the win win

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Pull-Apart Antipasto Sliders

ACTIVE: 25 min **TOTAL:** 35 min

Look for soft, pull-apart dinner rolls in the bakery section of your grocery store. If you can't find them, swap in 6 whole-wheat burger buns and make larger sandwiches.

- **1 12-count package pull-apart dinner rolls, preferably whole-wheat**
- **2 tablespoons mayonnaise**
- **2 tablespoons prepared pesto**
- **1 cup canned quartered artichoke hearts, rinsed and patted dry**
- **½ cup sliced roasted red bell peppers, rinsed and patted dry**
- **¼ cup chopped pepperoncini, rinsed and patted dry**
- **4 slices provolone cheese**
- **2 teaspoons extra-virgin olive oil**
- **¼ teaspoon Italian seasoning**

1. Preheat oven to 350°F.

2. Being careful to not separate the rolls, use a serrated knife to cut horizontally through them all. Place the bottom halves in a 9- by 13-inch baking dish. Combine mayonnaise and pesto in a small bowl; spread over the bottom halves. Top with artichoke hearts, peppers, pepperoncini and cheese. Cover with the top halves of the rolls. Brush the tops with oil and sprinkle with Italian seasoning.

3. Bake until the cheese is melted, 10 to 15 minutes. Let cool for 5 minutes, then pull apart to serve.

SERVES 6: 2 sandwiches each

Cal 320 **Fat** 16g (sat 5g) **Chol** 16mg **Carbs** 32g **Total sugars** 1g (added 0g) **Protein** 11g **Fiber** 3g **Sodium** 805mg **Potassium** 104mg

RECIPE BY BREANA KILLEEN

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Chicken & Hominy Stew with Greens

ACTIVE: 25 min **TOTAL:** 40 min

We like the bitter bite of mustard greens in this slightly spicy stew, but any dark leafy green will be delicious. The cabbage on top adds crunch.

- 1 pound boneless, skinless chicken thighs, trimmed
- 2 teaspoons ground coriander
- 2 teaspoons ground cumin
- 2 tablespoons extra-virgin olive oil
- 1 medium onion, chopped
- 3 cloves garlic, chopped
- 1 bunch mustard or collard greens, stemmed and coarsely chopped
- 4 cups low-sodium chicken broth
- 1 15-ounce can hominy (see *Tip*), rinsed
- ½ cup tomatillo salsa
- 1 cup shredded red cabbage
- ¼ cup reduced-fat sour cream
- Lime wedges for serving

1. Pat chicken dry and sprinkle with coriander and cumin. Heat oil in a large pot over medium heat. Add the chicken and cook, flipping once, until browned on both sides, 6 to 7 minutes total. Transfer to a clean plate.

2. Add onion and garlic to the pot and cook, stirring occasionally, until tender, 3 to 4 minutes. Add greens and cook, stirring, until wilted, about 1 minute. Add broth, hominy and the chicken along with any accumulated juices. Bring to a simmer. Adjust heat to maintain a simmer, cover and cook until the chicken is very tender, about 15 minutes.

3. Remove the chicken to a clean cutting board and shred with two forks. Return to the pot and stir in salsa. Serve the stew topped with cabbage and sour cream, with lime wedges, if desired.

SERVES 4: about 2 cups each

Cal 431 **Fat** 20g (sat 5g) **Chol** 81mg **Carbs** 32g **Total sugars** 7g (added 0g) **Protein** 32g **Fiber** 8g **Sodium** 566mg **Potassium** 964mg.

HOMINY HELPER

These beanlike bites are made by removing the tough hull and germ from dried corn, leaving behind a fiber-packed kernel that gets chewy when cooked, adding good texture to this chicken stew. Find hominy at the grocery store near the beans.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY ADAM DOLGE

IN THE PINK

You get 50% DV of immunity-boosting vitamin C with a serving of this zesty fresh citrus salsa. Plus, red grapefruit gets its color from lycopene, a nutrient with proven heart-health benefits.

Ancho-Spiced Chicken with Grapefruit Salsa

ACTIVE: 30 min **TOTAL:** 30 min

Sweet red grapefruit is our favorite for this chicken dish, but any variety will do. Serve this juicy recipe with rice to soak up the sauce.

- 2 grapefruit
- 3 scallions, thinly sliced, whites and greens separated, divided
- Zest and juice of 1 lime
- 2 teaspoons honey
- 1 pound chicken cutlets
- 2 teaspoons ancho chile powder
- ½ teaspoon salt
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon butter

1. Remove skin and white pith from each grapefruit with a knife. Working over a medium bowl, cut grapefruit segments from their surrounding membranes and place them in the bowl. Squeeze juice from the membranes into the bowl. Add scallion greens, lime zest, lime juice and honey. Strain ⅓ cup of the juice from the salsa into a measuring cup and set aside.

2. Pat chicken dry and sprinkle both sides with chile powder and salt. Heat oil in a large nonstick skillet over medium heat. Add the chicken and cook until browned and cooked through, 3 to 4 minutes per side. Transfer to a clean plate.

3. Meanwhile, add the reserved ⅓ cup juice and scallion whites to the pan, scraping up any browned bits with a wooden spoon. Bring to a simmer. Stir in butter and remove from heat.

4. Return the chicken and any accumulated juices to the pan and turn to coat with the sauce. Serve the chicken topped with the sauce and the salsa.

SERVES 4: 3 oz. chicken, 1 Tbsp. sauce & ¼ cup salsa each

Cal 283 **Fat** 12g (sat 3g) **Chol** 73mg **Carbs** 19g **Total sugars** 12g (added 3g) **Protein** 27g **Fiber** 3g **Sodium** 407mg **Potassium** 243mg.

RECIPE BY ADAM DOLGE

Meatballs with Lemon-Garlic Orzo

ACTIVE: 35 min **TOTAL:** 40 min

Here, a little of the lemon-garlic vinaigrette used to season the orzo also gets stirred into yogurt for a flavorful and creamy topping.

- 1 pound ground lamb or beef
- 1 large egg, lightly beaten
- 4 tablespoons chopped fresh parsley, divided
- 1 tablespoon chopped fresh mint
- 3 teaspoons finely grated garlic, divided
- ½ teaspoon salt
- 1 cup whole-wheat orzo
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons chopped fresh dill
- Zest and juice of 1 lemon
- ½ cup whole-milk plain yogurt
- 1 cup crumbled feta cheese, divided
- 1 cup thinly sliced cucumbers

1. Preheat oven to 425°F. Coat a large rimmed baking sheet with cooking spray.

2. Mix lamb (or beef), egg, 2 tablespoons parsley, mint, 1 teaspoon garlic and salt in a medium bowl. Form into 12 balls and place on the prepared pan. Bake until browned and cooked through, about 20 minutes.

3. Meanwhile, bring a large saucepan of water to a boil. Cook orzo according to package directions. Drain and let cool for 5 minutes.

4. Mix oil, dill, lemon zest and lemon juice along with the remaining 2 tablespoons parsley and 2 teaspoons garlic in a medium bowl. Transfer 1 tablespoon of the herb mixture to a small bowl and stir in yogurt and ¼ cup feta.

5. Add the orzo to the medium bowl and stir in the remaining ¾ cup feta. Serve the meatballs with the orzo, yogurt sauce and cucumbers.

SERVES 4: 3 meatballs, ½ cup orzo, 2 Tbsp. sauce & ¼ cup cucumbers each

Cal 586 **Fat** 35g (sat 13g) **Chol** 151mg **Carbs** 37g **Total sugars** 3g (added 0g) **Protein** 32g **Fiber** 8g **Sodium** 649mg **Potassium** 459mg.

RECIPE BY ADAM DOUGE

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Gochugaru-Spiced Shrimp & Black Rice Bowls

ACTIVE: 30 min **TOTAL:** 45 min

Don't let that carrot-pickling liquid go to waste! We stir it into the cooked rice in these bowls to really bump up the flavor.

- **2 cups water**
- **1 cup black rice**
- **1 large carrot**
- **¼ cup rice vinegar**
- **2 tablespoons reduced-sodium tamari *or* soy sauce, divided**
- **1 tablespoon toasted sesame oil**
- **1 teaspoon grated fresh ginger**
- **1 teaspoon light brown sugar**
- **2 tablespoons canola *or* grapeseed oil, divided**
- **4 cups thinly sliced shiitake mushrooms (about 8 ounces)**
- **4 cups lightly packed baby spinach**
- **1 pound raw shrimp (21-25 per pound), peeled and deveined**
- **1 tablespoon gochugaru (Korean-style red pepper flakes; *see Tip*)**
- **Fresh cilantro for garnish**

1. Add water to a medium saucepan and bring to a boil over high heat. Stir in rice. Reduce heat to maintain a simmer, cover and cook until the rice is tender and most of the liquid has been absorbed, 35 to 40 minutes. Remove from heat.

2. Meanwhile, use a vegetable peeler to cut carrot into long, thin ribbons. Combine vinegar, 1 tablespoon tamari (or soy sauce), sesame oil, ginger and sugar in a small saucepan; bring to a simmer. Add the carrot and stir to coat. Remove from heat. Cover and set aside while the rice cooks.

3. Heat 1 tablespoon canola (or grapeseed) oil in a large nonstick skillet over medium-high heat. Add mushrooms and cook, stirring often, until tender, about 5 minutes. Add spinach and the remaining 1 tablespoon tamari (or soy sauce) and cook until wilted, about 30 seconds. Transfer to a bowl.

4. Pat shrimp dry and sprinkle with gochugaru. Add the remaining 1 tablespoon oil to the pan. Add the shrimp and cook, stirring occasionally, until lightly browned and cooked through, 3 to 4 minutes.

5. Strain the carrot-soaking liquid into the rice. To serve, top the rice with the vegetables and shrimp and garnish with cilantro, if desired.

SERVES 4: 3 oz. shrimp, ⅔ cup each vegetables & rice

Cal 388 **Fat** 13g (sat 1g) **Chol** 159mg **Carbs** 44g **Total sugars** 4g (added 1g) **Protein** 28g **Fiber** 7g **Sodium** 542mg **Potassium** 567mg.

FIERY FLAKES
A common ingredient in Korean cooking, fruity, smoky gochugaru is made from sun-dried red peppers. It delivers medium heat to the shrimp here. Find it in well-stocked grocery stores or in Asian markets, or replace it with 1 tsp. crushed red pepper.

ILLUSTRATION BY EMMA DIBBEN. RECIPE BY ADAM DOLGE

Pan-Roasted Sesame Salmon

ACTIVE: 20 min **TOTAL:** 20 min

The sesame seeds in the sweet sauce atop this salmon add nutty flavor and a little texture. Finishing the salmon in the oven turns the sauce into a thick, caramelized glaze.

- **4 scallions, whites and greens separated**
- **1 clove garlic, grated**
- **1 tablespoon hoisin sauce**
- **1 tablespoon reduced-sodium soy sauce**
- **1 tablespoon toasted sesame oil**
- **1 tablespoon sesame seeds, plus more for garnish, toasted**
- **1 teaspoon honey**
- **1 teaspoon mirin**
- **1¼ pounds skin-on salmon fillet, cut into 4 portions**
- **½ teaspoon salt**
- **1 tablespoon canola *or* grapeseed oil**

1. Preheat oven to 350°F.

2. Finely chop scallion whites and place in a small bowl (chop and reserve greens for garnish). Add garlic, hoisin sauce, soy sauce, sesame oil, sesame seeds, honey and mirin and stir to combine.

3. Pat salmon dry and sprinkle with salt. Heat canola (or grapeseed) oil in a large oven-proof skillet over medium-high heat. Add the salmon, skin-side up, and cook until the underside is browned and releases easily from the pan, 3 to 4 minutes. Flip the salmon and spoon the sauce over the top.

4. Transfer the pan to the oven and bake until the salmon flakes easily with a fork, 3 to 4 minutes. Sprinkle the salmon with scallion greens and more sesame seeds, if desired.

SERVES 4: 4 oz. each

Cal 265 **Fat** 13g (sat 2g) **Chol** 66mg **Carbs** 6g **Total sugars** 3g (added 1g) **Protein** 29g **Fiber** 1g **Sodium** 561mg **Potassium** 591mg.

For more 20-minute salmon recipes, hover your phone's camera over this smart code.

RECIPE BY ADAM DOLGE

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Creamy Mustard Chicken Thighs

ACTIVE: 20 min **TOTAL:** 20 min

A little bit of mustard mixed with a touch of cream creates a luscious sauce for the chicken thighs.

- **1 pound boneless, skinless chicken thighs, trimmed**
- **½ teaspoon salt**
- **½ teaspoon ground pepper**
- **2 tablespoons extra-virgin olive oil, divided**
- **1 medium yellow onion, thinly sliced**
- **¼ cup dry white wine**
- **1 tablespoon Dijon mustard**
- **¼ cup heavy cream**
- **1 tablespoon capers, rinsed**
- **Chopped fresh parsley for garnish**

1. Sprinkle chicken with salt and pepper. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add the chicken and cook, flipping once halfway, until browned, about 6 minutes. Transfer to a clean plate.

2. Add the remaining 1 tablespoon oil and onion to the pan. Cover and cook, stirring occasionally, until golden, about 3 minutes. Stir in wine and mustard, scraping up any browned bits. Reduce heat to maintain a simmer. Stir in cream and capers. Return the chicken and any accumulated juices to the pan. Cover and simmer until an instant-read thermometer inserted into the thickest part of a thigh registers 165°F, about 4 minutes. Serve topped with parsley, if desired.

SERVES 4: 3 oz. chicken & ⅓ cup sauce each
Cal 302 **Fat** 21g (sat 7g) **Chol** 92mg **Carbs** 4g **Total sugars** 2g (added 0g) **Protein** 22g **Fiber** 1g **Sodium** 431mg **Potassium** 223mg.

For more skillet chicken recipes, hover your phone's camera over this smart code.

RECIPE BY DEVON O'BRIEN

Mushroom Paprikash

ACTIVE: 30 min **TOTAL:** 30 min

Meaning "with paprika" in Hungarian, paprikash is a creamy spiced stew traditionally made with meat. We've chosen mushrooms to give this vegetarian version a hearty bite. Using a mix of varieties gives you a good spectrum of textures and flavors.

- 8 ounces whole-wheat egg noodles
- 2 tablespoons extra-virgin olive oil
- 1 pound mixed mushrooms, such as cremini, shiitake, portobello *and/or* button, sliced
- 1 small yellow onion, diced
- ½ teaspoon caraway seeds
- 1 tablespoon chopped fresh sage *or* 1 teaspoon dried
- 2 cloves garlic, finely chopped
- 1 teaspoon paprika *(see Tip)*
- 2 tablespoons tomato paste
- 1 cup dry white wine
- ½ cup sour cream
- ½ teaspoon salt
- ¼ teaspoon ground pepper
- Chopped fresh parsley for garnish

1. Bring a large pot of water to a boil. Cook noodles according to package directions. Drain.

2. Meanwhile, heat oil in a large skillet over medium-high heat. Add mushrooms, onion and caraway seeds; cook, stirring occasionally, until starting to brown, about 12 minutes.

3. Stir in sage, garlic and paprika; cook, stirring, until fragrant, about 30 seconds. Add tomato paste and cook, stirring, for 30 seconds more. Add wine and cook, stirring occasionally, until thickened, about 3 minutes. Remove from heat and stir in sour cream, salt and pepper. Serve over the noodles, garnished with parsley, if desired.

SERVES 4: 2 cups each

Cal 414 **Fat** 12g (sat 3g) **Chol** 14mg **Carbs** 50g **Total sugars** 7g (added 0g) **Protein** 12g **Fiber** 7g **Sodium** 387mg **Potassium** 700mg.

SWEET HEAT

Made from ground dried peppers, paprika can vary in flavor and heat based on which pepper it's made with. The standard paprika you find at the store is usually sweet Hungarian style, which is unsurprisingly made from sweet peppers. If you like a little more heat, choose hot Hungarian.

ILLUSTRATION BY EMMA DIBBEN; RECIPE BY CAROLYN MALCOUN

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Chef Reem Assil

Inspired by the tastes and community surrounding street-corner bakeries that she experienced in Syria and Lebanon during a return trip in 2010, Assil wanted to bring something similar to the Bay Area with her restaurant Reem's California in Oakland and San Francisco. The Palestinian-Syrian chef highlights Arab cooking techniques, like the fermentation used to make kishk. She also exhibits the hospitality that's a tenet of the culture by providing a space where people from all backgrounds are welcome. During the pandemic, Assil transitioned the Oakland location of Reem's into a commissary kitchen for the community.

Beet Salad with Yogurt Bulgur & Herbs

ACTIVE: 25 min **TOTAL:** 1 hr 25 min (including 1 hr marinating time)
TO MAKE AHEAD: Make kishk (Step 1) and refrigerate for up to 2 days.

The bulgur in this salad is inspired by kishk, a crumbly cheese made by fermenting bulgur in buttermilk and yogurt. Chef Assil prepares this quicker version by skipping the fermentation and using labneh or Greek yogurt instead. If you want extra tang, let the bulgur mixture sit for 24 hours before making the salad. Crumbled goat cheese can be swapped in for the bulgur mixture if you prefer.

- **¾ cup plain labneh *(see page 111)* or whole-milk plain Greek yogurt**
- **½ cup bulgur, preferably fine**
- **¾ teaspoon salt, divided**
- **1½ pounds small-to-medium beets, peeled and cut into ¼-inch-thick wedges**
- **5 tablespoons extra-virgin olive oil, divided**
- **¼ cup champagne vinegar**
- **1 tablespoon finely chopped shallot**
- **1 clove garlic, minced**
- **¼ teaspoon ground pepper**
- **¼ cup finely chopped fresh cilantro**
- **¼ cup finely chopped fresh parsley**
- **8 cups lightly packed arugula (6 ounces)**
- **½ cup chopped walnuts, toasted**

1. Mix labneh (or yogurt), bulgur and ½ teaspoon salt in a medium bowl. Cover with plastic wrap and let stand at room temperature for 1 hour or up to 24 hours.
2. Preheat oven to 400°F.
3. Toss beets with 1 tablespoon oil and spread on a rimmed baking sheet. Roast, flipping once, until browned and tender, about 30 minutes.
4. Whisk vinegar, shallot, garlic, pepper and the remaining ¼ teaspoon salt in a large bowl. Gradually whisk in the remaining 4 tablespoons oil. Stir in cilantro and parsley. Add arugula, walnuts, the beets and the bulgur mixture and toss to coat.

SERVES 6: 1½ cups each
Cal 218 **Fat** 14g (sat 2g) **Chol** 2mg **Carbs** 19g **Total sugars** 8g (added 0g) **Protein** 6g **Fiber** 4g **Sodium** 310mg **Potassium** 508mg.

INSET: JUNG FITZPATRICK

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Creamed Brussels Sprouts

ACTIVE: 25 min **TOTAL:** 25 min

Tender Brussels sprouts in a creamy sauce is a holiday-worthy side dish that's easy enough for a weeknight.

- 1 pound Brussels sprouts, trimmed and halved
- 2 medium shallots, divided
- 2 tablespoons all-purpose flour, divided
- 1 tablespoon canola *or* grapeseed oil
- 1 tablespoon butter
- 1¼ cups low-fat milk
- ¼ teaspoon salt
- ⅛ teaspoon ground pepper
- ¼ cup grated Parmesan cheese

1. Bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Add Brussels sprouts, cover and cook until very tender, about 15 minutes.

2. Meanwhile, thinly slice one of the shallots and toss with 1 tablespoon flour. Heat oil in a medium saucepan over medium-high heat. Add the sliced shallot and cook, stirring occasionally until crispy, about 5 minutes. Transfer to a plate.

3. Mince the remaining shallot. Add butter to the pan and cook until melted. Add the minced shallot and cook until softened, about 1 minute. Whisk in the remaining 1 tablespoon flour, then milk, salt and pepper. Cook, whisking constantly, until thickened, about 5 minutes. Remove from heat and whisk in Parmesan. Stir the Brussels sprouts into the sauce. Serve topped with the crispy shallots.

SERVES 4: 1 cup each

Cal 193 **Fat** 9g (sat 4g) **Chol** 16mg **Carbs** 22g **Total sugars** 6g (added 0g) **Protein** 9g **Fiber** 5g **Sodium** 298mg **Potassium** 645mg.

PICK A PEPPADEW PEPPER

These pickled and jarred Juanita (or piquanté) peppers from South Africa—commonly called Peppadew peppers— are small and round like a cherry tomato, but sweet and peppery like a pepper. Peppadew is the brand name of the South African company that makes them. Look for them with other pickled vegetables at well-stocked grocery stores.

Cauliflower with Peppadew Peppers & Raisins

ACTIVE: 15 min **TOTAL:** 15 min

We sauté the cauliflower to get it slightly caramelized, then steam it to soften the vegetable without burning the spices.

- 2 tablespoon extra-virgin olive oil
- 4 cups cauliflower florets (2-inch pieces; about 1 large head)
- ½ teaspoon paprika
- ½ teaspoon ground pepper
- ¼ teaspoon ground cinnamon
- ¼ teaspoon ground cumin
- ¼ cup water
- ½ cup chopped Peppadew peppers *(see Tip)*
- ¼ cup golden raisins
- 2 tablespoons chopped fresh mint
- 1½ teaspoons sherry vinegar
- ½ teaspoon salt

Heat oil in a large skillet over medium-high heat. Add cauliflower; cook until browned, about 2 minutes. Stir in paprika, pepper, cinnamon and cumin. Stir in water; cover and cook until tender, 6 to 8 minutes. Remove from heat. Stir in peppers, raisins, mint, vinegar and salt.

SERVES 4: 1 cup each

Cal 126 **Fat** 8g (sat 1g) **Chol** 0mg **Carbs** 14g **Total sugars** 8g (added 0g) **Protein** 3g **Fiber** 3g **Sodium** 329mg **Potassium** 445mg.

RECIPES BY DEVON O'BRIEN, JULIA LEVY

Braised Brisket with Carrots & Prunes

ACTIVE: 30 min **TOTAL:** 2¾ hrs
EQUIPMENT: Electric pressure cooker *(see Tip)*
Inspired by tzimmes, a vegetable stew featuring dried fruit and commonly served for the Jewish New Year, we added carrots and prunes to this brisket for a sweet-and-savory flavor.

- **2 pounds beef brisket, preferably center-cut, trimmed**
- **1 teaspoon salt, divided**
- **½ teaspoon ground pepper, divided**
- **1 tablespoon grapeseed *or* canola oil**
- **1 large sweet onion, chopped**
- **2 medium carrots, chopped**
- **2 cloves garlic, chopped**
- **2 teaspoons grated fresh ginger**
- **1 teaspoon ground coriander**
- **1 teaspoon ground cumin**
- **1 cup low-sodium beef broth**
- **½ cup chopped pitted prunes**
- **¼ cup raisins**
- **1 tablespoon tomato paste**

1. Pat brisket dry and sprinkle with ½ teaspoon salt and ¼ teaspoon pepper. Heat oil in an electric pressure cooker on Sauté mode. Add the brisket and cook, flipping once, until browned on both sides, 8 to 10 minutes. Transfer to a clean plate.
2. Add onion, carrots, garlic, ginger, coriander and cumin to the pressure cooker and cook, stirring often and scraping up any browned bits, until the vegetables start to soften, about 4 minutes. Stir in broth, prunes, raisins and tomato paste. Nestle the brisket into the sauce.
3. Close and lock the lid. Cook on high pressure for 1 hour. Let the pressure release naturally for 15 minutes. Release the remaining pressure manually. Remove lid.
4. Transfer the brisket to a clean cutting board. Stir the remaining ½ teaspoon salt and ¼ teaspoon pepper into the sauce. Thinly slice the brisket against the grain and serve with the sauce.

SERVES 8: 3 oz. beef & ¾ cup sauce each
Cal 227 **Fat** 7g (sat 2g) **Chol** 71mg **Carbs** 17g **Total sugars** 11g (added 0g) **Protein** 25g **Fiber** 2g **Sodium** 415mg **Potassium** 447mg.

GO SLOW

Prefer the slow cooker? Cook the brisket in the oil in a skillet over medium-high heat until browned on both sides, 6 to 8 minutes. Transfer to a 6-quart or larger slow cooker and stir in the remaining ingredients (increase broth to 2 cups). Cook on High for 4 hours or on Low for 8 hours.

RECIPE BY ADAM DOLGE

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Say Cheese!

For a snack or a party-pleasing app, whip up a cheese ball to serve with crackers, crudités and the perfect wine pairing.

Jalapeño Cheese Ball

A medium-body red, such as the 2016 Palacios Remondo La Montesa, Rioja, Spain ($16), has soft tannins that play well with these spices.

- 8 ounces reduced-fat cream cheese, softened
- 1¼ cups shredded extra-sharp Cheddar cheese
- ¼ cup chopped pickled jalapeños, patted dry
- 1 garlic clove, grated
- 1 teaspoon chili powder
- 1 teaspoon lime zest
- 2 teaspoons lime juice
- ¼ teaspoon salt

TOPPING: ⅓ cup chopped fresh cilantro

Pumpkin Spice Cheese Ball

A white blend, Hugel et Fils Gentil, Alsace, France ($14), tastes sweet but is bone-dry. It accentuates the warming spices in this recipe.

- 8 ounces reduced-fat cream cheese, softened
- 7 ounces plain goat cheese
- 1 shredded peeled apple, patted dry
- ¼ cup unseasoned pumpkin puree
- 2 tablespoons light brown sugar
- 1 teaspoon pumpkin pie spice
- ¼ teaspoon salt

TOPPING: ½ cup finely chopped dried cranberries

Saffron-Raisin Cheese Ball

The 2019 Commanderie de la Bargemone Coteaux d'Aix-en-Provence Rosé, Provence, France ($18), is light and fresh with aromas of lemon and berries, which complement the saffron here.

- 1 teaspoon lemon zest
- 1 tablespoon lemon juice plus 1 teaspoon saffron threads, microwaved for 15 seconds
- 8 ounces reduced-fat cream cheese, softened
- 1¼ cups crumbled feta cheese
- ½ cup minced scallions
- 1 garlic clove, grated

TOPPING: ½ cup finely chopped golden raisins

ACTIVE: 10 min **TOTAL:** 1 hr 10 min

1. To prepare a cheese ball: Mix ingredients in a medium bowl. Scoop onto a large piece of plastic wrap coated with cooking spray. Use the plastic wrap to help you form the mixture into a ball, then completely wrap in plastic. Refrigerate for at least 1 hour and up to 2 days.

2. Before serving, place topping in a shallow dish and roll the cheese ball in it, pressing to adhere.

SERVES 24: 2 Tbsp. each

NUTRITION INFO: page 123

RECIPES BY BREANA KILLEEN

To see our editor-in-chief @jessieeatswell make these cheese balls on Instagram, hover your phone's camera over this smart code.

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Always hand trimmed.
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Pumpkin Swirl Cheesecake

ACTIVE: 25 min **TOTAL:** 6 hrs
TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months.
EQUIPMENT: 9-inch springform pan
Swapping in reduced-fat cream cheese for regular saves you approximately 50 calories and 3 grams of saturated fat per slice.

- 8 ounces gingersnap cookies
- ¼ teaspoon salt, divided
- 3 tablespoons melted butter
- 3 8-ounce packages reduced-fat cream cheese, softened
- 1½ cups granulated sugar
- 4 large eggs
- 1 15-ounce can unseasoned pumpkin puree
- 1 tablespoon vanilla extract
- 2 teaspoons pumpkin pie spice

1. Preheat oven to 325°F. Coat a 9-inch springform pan with cooking spray. Tightly wrap the outside of the pan with a large piece of foil, covering the bottom and sides. Put a kettle of water on to boil.
2. Pulse cookies and ⅛ teaspoon salt in a food processor until finely ground. Drizzle in butter and process, scraping down the sides as needed, until the crumbs are evenly moistened. Press the mixture firmly into the bottom and ½ inch up the sides of the prepared pan. Put the crust in the freezer. Clean the food processor.
3. Combine cream cheese, sugar, eggs and the remaining ⅛ teaspoon salt in the food processor. Process, scraping down the sides as needed, until completely smooth. Remove ¼ cup of the batter to a small bowl. Add pumpkin, vanilla and pie spice to the food processor and process until smooth.
4. Pour the pumpkin batter into the chilled crust. Drizzle the reserved batter over the top and run a skewer or knife through the two batters to swirl together.
5. Place the springform pan in a roasting pan. Pour in enough of the boiling water to come 1 inch up the sides of the springform pan. Carefully transfer the roasting pan to the oven. Bake the cheesecake until set around the edges but the center still jiggles slightly, 1¼ to 1½ hours.
6. Transfer the roasting pan to a wire rack. Let the cheesecake cool in the water bath until the water is room temperature, about 1 hour.
7. Remove the pan from the water bath. Remove the foil. Refrigerate the cheesecake until very cold, at least 3 hours.
SERVES 16: 1 slice each
Cal 286 **Fat** 14g (sat 8g) **Chol** 63mg **Carbs** 34g **Total sugars** 24g (added 19g) **Protein** 6g **Fiber** 1g **Sodium** 307mg **Potassium** 170mg.

PHOTO BY JACOB FOX; RECIPE BY BREANA KILLEEN

Merry (Cran)berry Punch

Mix ½ cup Torani Cane Sugar Sweetener, 4 cups cranberry juice, 3 bottles prosecco, ½ cup mint leaves in large punch bowl. Garnish with mint leaves and lime slices.

Peppermint White Cocoa

Stir 2 Tbsp. Torani Cane Sugar Sweetener, 1 tsp. unsweetened cocoa powder, 2 Tbsp melted white chocolate chips, and ¾ cup milk of choice with a candy cane.

Gingerbread Cold Foam

Add 2 Tbsp. Torani Cane Sugar Sweetener, 1 tsp. molasses, ¼ tsp. pumpkin pie spice, and 1 cup skim milk to a French Press and pump 50 times. Top on your favorite cold brew

Margarita Snowstorm

Combine 3 Tbsp. Torani Cane Sugar Sweetener, 3 Tbsp. tequila, 3 Tbsp. coconut cream, and 2 Tbsp. lime juice in a shaker with ice. Shake and strain into glass rimmed with red decorating sugar.

Joy Cubed

Mix 2 Tbsp. Torani Cane Sugar Sweetener, ⅓ cup fresh orange juice, ½ cup water, and top with fresh cranberries. Freeze for 8 hours and serve in your favorite holiday punch, cocktail, soda, or iced tea.

Apple Cider Chai

Simmer ½ cup Torani Cane Sugar Sweetener, 4 cups apple cider, 4 cups water and 6 chai tea bags for 20 minutes. Remove tea bags and serve hot.

Mixes well

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GOOD FOOD FAST

GIVE YOURSELF A BREAK

Take your meal to go by folding your favorite [illegible] foods inside a pancake.

TACO 'BOUT BREAKFAST!

Photos by Ted & Chelsea Cavanaugh

Styling by Sue Li

Give them the everyday awesome of Lunchables

Flapjack Fillers

Whether you make fresh pancakes or use frozen, top and fold them for a playful take on breakfast tacos in minutes. **By Devon O'Brien**

Cinnamon Apple
Sauté chopped sweet apple in a little butter. Sprinkle with cinnamon and serve in a pancake topped with a dollop of yogurt.

Berries & Chocolate
Top a pancake with chocolate hazelnut spread and mixed berries. Dust with powdered sugar.

Bean & Cheese
Spoon seasoned black beans on a pancake and sprinkle with shredded Mexican-style cheese. Garnish with chopped fresh cilantro.

Egg & Sausage
Tuck scrambled eggs and cooked breakfast sausage in a pancake. Drizzle with maple syrup.

Southwest Tofu Scramble
Sauté crumbled extra-firm tofu in a little olive oil with a spoonful of salsa. Spoon into a pancake and top with sliced avocado.

PB&B&B
Spread peanut butter over a pancake. Top with banana and cooked bacon.

NUTRITION INFO: page 123

JACOB FOX; STYLING: LAUREN MCANELLY (FOOD), SUE MITCHELL (PROPS)

AND TAKE BRUNCH TO AN AWESOME LEVEL

Lunchables BRUNCHABLES Breakfast Sandwiches

Spud Stand-Ins

From tots to mashes, other veggies are getting all up in potato's grill. Here are 7 nutrient-packed spins on spuds.
By Karen Ansel, M.S., R.D.N.

BEST MASH: Earthbound Farm Organic Mashed Cauliflower
40 cal, 2g fiber, 210mg sodium
This mash is ready after just 7 minutes in the microwave. Plus, it has 45% of your daily vitamin C (compared to just 13% in potatoes).

BEST GRATIN: Good & Gather Cauliflower Gratin
80 cal, 1g fiber, 360mg sodium
This gooey casserole from Target has a quarter of the calories and half the sodium of a standard gratin. And if you're watching carbs, each serving has just 7 grams.

BEST FRIES: Strong Roots Mixed Root Vegetable Fries
130 cal, 4g fiber, 130mg sodium
A medley of beet, carrot and parsnip fries means triple the flavor—and double the fiber—of your standard fry.

BEST GNOCCHI: Trader Joe's Kale Gnocchi
190 cal, 5g fiber, 480mg sodium
Mostly made from kale, but with a bit of potato for texture, a serving of these fluffy pillows sports 15% of the calcium you need each day, plus 10% of the iron.

BEST LOADED: Alexia Loaded Cauliflower
90 cal, 2g fiber, 360mg sodium
This creamy cauliflower dish serves up all the cheesy, salty, decadent satisfaction of loaded tater skins for less saturated fat.

BEST TATER TOT: Farmwise Veggie Tots: Broccoli
160 cal, 4g fiber, 140mg sodium
Even though these tots do contain a small amount of potato, they're loaded with sweet potatoes and broccoli for a vitamin A, C and K boost. Plus, white beans give them 5 grams of satisfying protein (5 times the amount in potato tots).

BEST HASH: Green Giant Veggie Hash Browns: Cauliflower
140 cal, 2g fiber, 340mg sodium
This hash, featuring a touch of cheesy flavor thanks to Parm, helps you rack up a serving of antioxidant-packed cruciferous veggies.

For more genius cauliflower swaps, hover your phone's camera over this smart code.

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Simple Apple Cider Cocktails

A splash of this seasonal favorite can create a festive drink in a flash with these easy ideas.
By Andrea Mathis, M.A., R.D.N., L.D.

READY IN 5 MINUTES!

Sparkling Cranberry Cider Mocktail
Combine a quart each of apple cider and cranberry juice in a large punch bowl. Top with club soda before serving.

Crisp Apple-Ginger Cocktail
Combine a quart of apple cider and one 750mL bottle of vodka in a large pitcher. Chill. Top with ginger ale before serving.

Bourbon Caramel Apple Cocktail
Stir a half gallon of apple cider with one 750mL bottle of bourbon and 2 Tbsp. of caramel sauce in a large pitcher. Chill before serving.

Apple Pie Mimosa
Combine a quart of apple cider, one 750mL bottle of chilled Champagne and 4 cinnamon sticks in a large pitcher.

NUTRITION INFO: page 123

Spiced Rum Apple Spritzer
Combine a half gallon of apple cider and one 750mL bottle of spiced rum in a large pitcher. Chill. Top with club soda before serving.

Slam Dunk!

We know what you're thinking. "How could there ever be a good for me option at a doughnut shop?" Luckily, Dunkin' is always expanding its menu beyond just sweets. Here are some of the healthiest orders. By Lainey Younkin, M.S., R.D.

BEST SWEET TREAT
Sugared Donut
210 cal, 11g fat, 5g sugar, 4g protein, 1g fiber, 270mg sodium
We get it, if you're at Dunkin', you probably want a doughnut. Ironically the one with the least amount of sugar is called the "sugared donut." But, it has less sugar than any sweetened beverage on the menu—just 5 grams (only a fifth of your daily added sugar allowance; most cereals have more than that!).

BEST HOT DRINK
Small Cappuccino with Whole Milk
80 cal, 4g fat, 6g sugar, 4g protein, 60mg sodium
For a hint of sweetness without sipping straight sugar, order a cappuccino. While nonfat milk has half the calories compared to whole, the fat in whole milk will keep you full longer and make for a creamier 'ccino.

BEST SANDWICH
Power Breakfast Sandwich
420 cal, 23g fat, 5g sugar, 25g protein, 5g fiber, 980mg sodium
Multigrain bread is layered with turkey sausage, cheese and egg whites mixed with spinach, peppers and onions for a mouthwatering a.m. meal. It's higher in sodium than we'd like, but this hearty combo packs in the fiber (5 grams!) and protein to keep you full until lunch.

BEST ICED DRINK
Medium Iced Coffee with Cream
90 cal, 9g fat, 1g sugar, 2g protein, 45mg sodium
Dunkin's iced coffee is arguably the reason for its cult following, so we hate to mess with a good thing. You get the option to add sugar, but skipping it saves you 100 calories and 26 grams of sugar.

Plant-based meats have muscled their way onto supermarket shelves and restaurant menus nationwide—billed as a more environmentally friendly alternative to beef. But are they, really? Here, **Jonathan Kauffman** digs into the science for all you conflicted cheeseburger lovers.

Responsible

The Burger

Celeste Holz-Schietinger, vice president of product innovation for Impossible Foods, is walking me through a tour—virtually, thanks to the pandemic—of the company's Oakland, California, factory. The "clean room" where the manufacturing takes place looks as if a demigod has transformed the space, turning every wall, pipe and machine she touched into stainless steel. Workers in white jackets, gloves and face shields scrub and squeegee the equipment surfaces, then tap a touchscreen to set the automated processes in motion.

Holz-Schietinger points out a paddle mixer the size of a walk-in closet, into which the workers maneuver heaps of soy concentrate, potato protein powder, oils, water and a few binders and flavorings, followed by a gush of crimson leghemoglobin (heme)—the iron-rich, bloodlike ingredient that makes their plant-based burger look and taste like red meat. "What you see here on the far right, the white granules—that's cold, shredded fat from coconut and sunflower oils," she interprets. It gives their Impossible Burger its meaty marbling. A great turbine churns the mass, which now has the exact appearance of ground beef, onto conveyor belts to be formed into patties and flash frozen.

A room-sized mixer may not be the image that comes to mind when we think of changing our diets to reduce their environmental impact. Where are the lush fields and abundant crops, the red barns, the cows placidly munching under an endless sky?

But some argue that when you examine the numbers, plant-based meats like the Impossible Burger are radically better for the planet than beef. The manufacturing process is more efficient than raising large animals for 18 to 24 months. "That is where 90% of all the energy goes," says Holz-Schietinger, referring to the resources required to grow, process and transport both the livestock and their food. Cattle, for example, require far more feed than other sources of meat—like pigs, poultry and fish—as much as 100 calories of feed for every 1 calorie of beef we eventually eat. And by some estimates, global livestock production creates as much greenhouse gas emissions as all the world's cars, planes and ships combined.

When I started calling scholars and scientists to ask how much better plant-based beef might be for the environment than actual beef—and why—I didn't realize I was charging into a thorny maze of environmental claims and data. The means researchers use to calculate the planetary impact of a product like the Impossible Burger, let alone a steer, are speculative and contentious. And yet, I emerged from the maze holding an emotion I rarely feel when it comes to climate change: hope.

An Unsustainable System

First, a few grim statistics, which you may already be familiar with: The United Nations projects that by 2050, the global population will have risen from 7.8 billion to 9.7 billion. But the demands we're placing on the planet to feed ourselves have already slammed up against the limits of the Earth's resources. Soil fertility is declining in the industrialized world, thanks in part to agricultural practices like overgrazing, pesticide and fertilizer use, and erosion. We're flailing as a species to keep the planet's average temperature from rising 2 degrees Celsius—the tipping point that would cause sea levels to rise 4 inches and create a worldwide crisis as people are forced to flee lands that are flooded or are too hot and arid to productively farm.

At the same time, demand for meat is projected to increase by 88% between 2010 and 2050, and there's no way to supply it. Half of the world's habitable

ILLUSTRATIONS BY RAYMOND BIESINGER

land is already devoted to agriculture—and 77% of that is used for livestock and their feed.

Many researchers have called out animal agriculture—and specifically cattle—for its impact on greenhouse gases, land and water use, pollution and energy. "Meat from ruminants (beef, sheep and goat) is by far the most resource-intensive food," a 2019 World Resources Institute report on creating a sustainable food future concluded. "It requires over 20 times more land and generates over 20 times more greenhouse gas emissions than pulses [like beans and peas] per gram of protein." The Food and Agriculture Organization of the United Nations estimates that around 9% of human-caused greenhouse gas emissions worldwide come from producing beef and dairy, some from growing animal feed and some in the form of methane—the belches and farts cattle emit that the media loves to mention. The situation in the United States is slightly less draconian: the Environmental Protection Agency estimates that livestock agriculture represents 4% of total U.S. greenhouse gas emissions.

In order to feed more people and prevent the world from getting catastrophically hot, the WRI report proposed that Americans and other beef-gobbling

According to the United Nations, 33% of all crops are grown to feed animals we eat.

Food and Agr cultural Organization of the Un ted Nations, *Tackling Climate Change Through Livestock*, 2013

Number of U.S. acres planted with soybeans: 83.5 million, roughly the total combined area of Minnesota and New York. More than 90% are genetically modified varieties.

USDA Economic Research Service

Amount of glyphosate (the herbicide in Roundup) applied to U.S. corn crops in 2018: 66.6 million pounds—or the weight of 165 Boeing 747s. Amount of glyphosate used on U.S. soybeans in 2018: 95.7 million pounds, or 236 Boeing 747s.

USDA National Agricultural Stat stics Service

Beef requires over 20 times more land to produce than pulses like chickpeas or lentils (per kg of protein).

World Resources Inst tute, *Creating a Sustainable Food Future*, Final Report, July 2019

It takes 15,415 liters of water to produce 1 kg of beef, almost 4 times the amount of water needed to produce the same amount of beans.

The Water Footprint Network

countries cut their consumption by at least half. And the landmark 2019 "Planetary Health Diet" created by the EAT-Lancet Commission on Food, Planet, Health—an international consortium of scientists—recommended reducing the amount of red meat we eat even further, to one 3-ounce serving *per week,* for both environmental and health reasons. That's no small ask, given that the U.S. consumes more beef than any other country: the average person downs around 3 ounces *daily.* "If everyone ate beef the way we do, we'd need another planet," says Timothy Searchinger, a Princeton researcher who co-authored the WRI report.

It's one thing to grandly say we should eat less meat, and another to convince steak-loving Americans to do it. In 2017, when Impossible Foods and Beyond Meat (maker of the Beyond Burger) came out with plant-based hamburgers that mimicked the real deal more successfully than their predecessors, their environmental pitch was this: If people are given a plant-based option that's just as good as the beef patty they're used to, they will readily switch and do what's right for the planet.

These companies have since attracted billions of dollars in investments, their products are found in fast-food chains like Burger King and Dunkin' as well as the refrigerated meat sections of major grocery chains, and their meteoric success has ushered in a gold rush for alt-meat makers. Long-standing veggie burger companies, such as Lightlife and MorningStar Farms, have introduced more beef-like versions. Even Tyson Foods, the world's second-largest processor of beef, chicken and pork, has rolled out a line of plant-based meats.

Americans seem to be buying in. According to the Plant Based Foods Association, sales of refrigerated meat alternatives grew 63% between 2018 and 2019 alone. And a recent Michigan State University Food Literacy poll found that 35% of people—and almost half of those under the age of 40—have eaten plant-based meats in the past year. That number spiked even higher this spring, perhaps driven by reports of COVID-19 outbreaks in meat-packing plants, along with meat shortages.

A cynical person might suspect that convincing beef eaters to go plant-based is more about making bank than making a sustainable future. After all, of the 68 pounds of beef the average American consumes annually, roughly half is in the form of hamburgers. So saving the planet could prove very lucrative. To determine just how much lighter the carbon footprint of these burgers might be, I dug into the—very complicated—research.

Meat Your Match

Given its environmental message, Impossible Foods has, not surprisingly, commissioned extensive studies into the benefits of switching to plant-based meats, including a 2019 life-cycle assessment comparing conventional beef to the Impossible Burger. These types of assessments are in-depth estimations of the energy, water and land required to make a product, as well as the volume of greenhouse gases the process generates, phosphate runoff (from manure and chemical fertilizers) that pollutes rivers and oceans, and other factors. Many companies use life-cycle studies to identify inefficiencies in their manufacturing and find ways to reduce their planetary impact. And the scientists who conduct these studies will admit: they can be powerful marketing tools.

To complete the life-cycle assessment on the Impossible Burger, a consulting firm named Quantis calculated hundreds

The carbon footprint of regeneratively raised beef is 111% smaller than that of conventional beef.

Quantis, *Carbon Footprint Evaluation of Regenerative Grazing at White Oak Pastures*, Results Presentation 2/25/19

Producing 1 kg of Impossible Burger emits an estimated 3.5 kg of CO_2 equivalents, and for conventional beef production it's about 33 kg of CO_2 equivalents per 1 kg of meat. Producing 1 kg of regeneratively raised beef results in an estimated net *storage* of 3.5 kg of carbon in the soil.

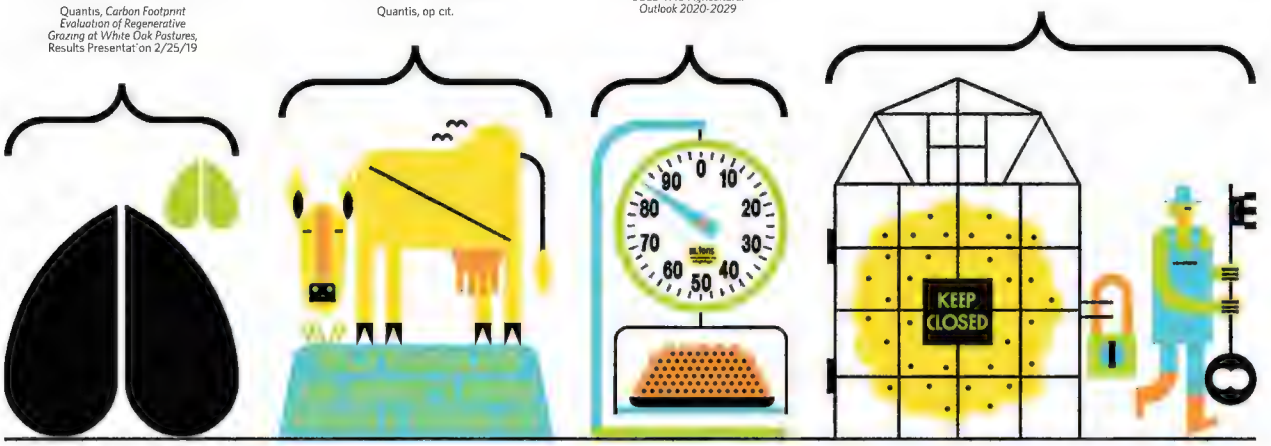
Quantis, op cit.

Worldwide, beef consumption is projected to rise 6.8% over the next decade, to 83.8 million tons by 2029. Most of this growth will take place in developing countries.

United Nations *OECD-FAO Agricultural Outlook 2020-2029*

If farmers around the world adopted carbon sequestration techniques—for all agriculture, including livestock and crops—it could create a carbon sink equivalent to about 4.7 billion tons of CO_2 annually—or around 13% of current global emissions.

Fuss et al. 2018 *Environ. Res. Lett.* 13 063002



of data points related to every ingredient used in the burger patty, including how much water, pesticides and fertilizers it takes to produce the soybeans, the energy required to refine the coconut oil from the Philippines, as well as the resources used to process the plant-based meat itself. Quantis even figured out how much fuel it took to transport ingredients to the company's Oakland factory, based on the weight the average semi hauls. Then it compared the results to data from a conventional beef supplier in the Western plains.

Like the majority of the farms raising cattle for beef in the U.S., this unnamed producer raises a calf with its mother on pasture for the first six to eight months of its life, then transitions it to a mix of hay and spent distillers' grains for a few months before moving it to a feedlot, where it bulks up on grains, such as corn, until it reaches slaughter weight. The researchers asked an equally dizzying number of questions about that process, too: How much fertilizer did the feed corn require? How much land was required to produce the alfalfa, and how far was it transported to the ranch? How much methane did the average steer expel over the course of its life?

Quantis used all these calculations to compare 1 kilogram of Impossible Burger "meat" to 1 kg of beef. The study found that the Impossible Burger requires 96% less land, contributes 90% less phosphates to the soil and waterways and produces 89% less greenhouse gas emissions. These dramatic numbers are echoed in similar life-cycle assessments that other plant-based meat companies—Beyond Meat, Quorn and MorningStar Farms—have commissioned.

Of course, many of the data points in these studies involve speculative number-crunching, and there's no way to prove real environmental impact. "Whenever you read life-cycle assessments, understand that researchers can cherry-pick data in the existing literature to come up with the right answer for their objective," says Jason Rowntree, Ph.D., an associate professor of animal science at Michigan State University, who studies ranching. And he's saying that as someone who has conducted these types of studies.

Rebekah Moses, head of sustainability at Impossible Foods, admits the study does a lot of hairsplitting, but says that it is an effective way to communicate bigger ideas, like the global impact of giving up beef. Choosing plant-based meat over animals, she says, is an "elegant solution" to climate change. "This is one of the only viable, scalable, transformative tools we have," she says. In a 2018 study published in the journal *Science,* agricultural researchers analyzed hundreds of life-cycle assessments to calculate the global impact of going completely plant-based. It found that this type of diet would reduce the land required to produce food by an area as big as Africa and lower the amount of greenhouse gas emissions enough to offset the total amount produced in the U.S. annually—6.6 billion metric tons. Water use, as well as land and water pollution from inputs like pesticides and fertilizers, would also drop precipitously. Granted, these benefits would come from nixing all meat, but giving up beef would account for the largest share of them.

I called up chef Anthony Myint, co-founder of Mission Chinese Food and Zero Foodprint, a San Francisco-based organization that helps restaurants reduce their carbon footprints, to see what he made of studies like this. He told me that he was originally excited about the possibilities of plant-based meats, but eventually decided that they reinforced the status quo. "If we

How Healthy Is Plant-Based Meat?

Because of the link between red meat consumption and increased risk of heart disease and type 2 diabetes—as well as the planetary impact it can have—the EAT-Lancet Commission's recommendation is to eat no more than one 3-ounce portion of red meat a week. And yet, Walter Willett, M.D., Dr. P.H., a professor of epidemiology and nutrition at Harvard's T.H. Chan School of Public Health, who co-chaired the commission, doesn't recommend highly processed plant-based meats like the Beyond Burger as an optimal substitute. "I view these alternatives as a nicotine patch. They're not as good as a real plant-based diet would be," he says. Plus, many aren't a major improvement, nutritionally, on a McDonald's Quarter Pounder. See the chart below for a comparison of a few of them.

A Stanford University study published in August in the *American Journal of Clinical Nutrition* did show, however, that making the switch from animal to plant-based meats could potentially have some health benefits. After eating two daily servings of meat for eight weeks (primarily red meat), then moving to two servings of plant-based meats for another eight weeks, the 36 subjects had an average 10-point drop in their LDL cholesterol. They also had significant decreases in TMAO (trimethylamine N-oxide), a molecule that, at high blood levels, is associated with risk for cardiac arrest.

While the study was small and industry funded—two factors that generally give experts pause—even Willett finds the results promising. "The reduction in LDL cholesterol was substantial and important. And this does add support that this highly processed beef alternative is better than the standard beef product," he says. "But it would still not be as good as a whole-food plant burger made from nuts, legumes and soy." The takeaway: If you're keen to maximize both the health and environmental benefits of plants, you can't do much better than a bowl of lentils.

ANIMAL, VEGETABLE, MINIMAL

	Impossible Burger (4 oz.)	Lightlife Burger (4 oz.)	Patty (4 oz.)	Raised) Beef Patty (4 oz.)	(4 oz., cooked; about ⅔ cup)
	260	240	250	210	180	130
	18g	14g	17g	15g	11g	0.4g
	5g	8g	5g	7g	5g	0g
	20g	19g	20g	19g	22g	10g
	0mg	0mg	0mg	70mg	75mg	0mg
	350mg	370mg	390mg	55mg	75mg	0mg
	5g	9g	6g	1g	0g	23g
	2g	3g	1g	0g	0g	9g

assume that we can't change a single thing about the agricultural industry, and that the goal is to make the best choice, then plant-based meats make sense compared to factory-farmed meat. But if the goal is to actually move toward solutions, then that becomes a different conversation."

He emailed me a life-cycle assessment on a farm using regenerative agriculture methods to raise beef, which is how I ended up on a video call with a rancher on horseback.

The Regenerative Way

As I teleconferenced with Sam Humphreys, manager at Carman Ranch in northeastern Oregon, he flipped his iPhone camera around so I could see his morning cattle drive. Above the bobbing head of his horse were 50 Harley-Davidson-sized yearlings trundling 2 miles north to an uneaten stretch of pasture. Carman Ranch only brings yearlings to these rangelands, in the foothills of the Wallowa Mountains, for a few days a year in the spring, then gives the land an entire year to recover.

"That's what turns into beef," he says, scanning the 8-inch-high grasses all around him, which had been a half-foot taller when the cattle arrived to eat. "We focus on how we get them the best feed to gain the most weight per day. By moving them often, it allows them to pick at what they want for their best nutrition." Most ranchers allow

cattle to graze their pastures down to the nub, which overstresses the grasses and legumes, leads to poor soil health and erosion, and allows less-nutritious weeds to intrude. Regenerative agriculture—what Humphreys practices—uses managed grazing to stop the process far earlier to help the plants recover. The grasses become more nutritious and robust, aided by the manure the cows leave behind, and the soil becomes healthier and better able to retain moisture. Robust plants with a healthy network of roots can also draw carbon out of the atmosphere and store it underground, helping to mitigate climate change. No irrigation pipes, fertilizers, herbicides or tractors are needed—just sunshine and rain.

So, yeah, there are grasses and contented cows in this story after all.

The narrative that plant-based-meat advocates tell, some ranchers and beef-industry researchers say, simplifies the complex role animals play in the environment. For one thing, the idea that cattle consume 100 calories for every 1 calorie of meat they produce doesn't take into account *what* they're eating—especially in the U.S., where most rangelands are unfit for row crops and evicting a cow to plant chickpeas or soybeans is not an option. "Ruminants are so important on land that can't be used to plant stuff we can eat," says ranching expert Jason Rowntree. "In that case we have an opportunity to convert sunlight and grasses to milk, meat and leather."

The science demonstrating how regenerative ranching sequesters carbon is scant but promising. That life-cycle assessment Myint sent me was one that Quantis—the same consulting firm that did the Impossible Burger study—conducted on grass-fed beef from White Oak Pastures, a 3,200-acre farm in Bluffton, Georgia. There, Will Harris raises cattle along with nine other species of animals, practicing rotational grazing to build up organic matter in the soil in the form of decomposing plants and manure, which he augments with compost.

The study found that soils on the ranch had captured so much carbon that the gains compensated for all of the methane and carbon dioxide tied to its cattle production—and then some. In fact, the White Oak Pastures farm sequestered an estimated 3.5 kg of CO_2 equivalents (a unit that stands for the total impact of all greenhouse gases, including methane, CO_2 and nitrous oxide) per 1 kg of beef. A four-year study that Rowntree helped conduct at Michigan State University showed even more impressive results: Cattle on land managed through rotational grazing produced a carbon sink equivalent to 6.5 kg of CO_2 equivalents per 1 kg of beef. Conventional beef production, on the other hand, *emits* around 33 kg of CO_2 equivalents per 1 kg of meat.

Just to get a sense of how this compares to plant-based meats, Quantis' Impossible Foods study found that producing 1 kg of Impossible Burger emitted 3.5 kg of CO_2 equivalents.

Now, researchers say you can't stack the results of different assessments next to one another, because each study relies on differing data sets. But when Myint talks about finding solutions instead of choices, this is one of the solutions he wants to see: the potential for cattle ranching to remove carbon from the atmosphere.

Demand for sustainably raised beef is on the rise in the U.S. According to the market research firm SPINS, grass-fed beef retail sales (which includes regenerative) now total $254 million annually, and grocery-store sales of grass-finished beef grew 16% between 2018 and 2019. That sum doesn't account for the direct-sales programs that many small ranchers operate—which is how the vast majority of regeneratively raised beef is sold.

One of those direct-sales operations is Carman Ranch, the end destination for the cattle Sam Humphreys herds up the Wallowa foothills. The company's owner, fourth-generation rancher Cory Carman, explains, "When I think about the possibility in agriculture to create a carbon sink and the tie between soil health and carbon sequestration, we only have one viable future, and that is to make sure we're growing food in a way that is building soil."

She has seen noticeable improvements on her family's lands in the decades since she began practicing rotational grazing—particularly in the fields on which her ancestors cultivated wheat, where the soils had eroded so dramatically that she steps down a foot onto the fields from the surrounding ground. She's reversing that loss with the help of cattle.

Carman planted perennial grasses and cover crops like oats, turnips and sunflowers for the cattle to eat, and the animals' natural fertilizer has allowed her to eliminate usage of the man-made stuff. The grasses now grow earlier in the spring and later in the fall, the plants are more vigorous, the soil is healthier and retains more water, and pollinators, birds and other wildlife are returning to the pasture in greater numbers. Increasing soil productivity and cutting costs are the kinds of benefits farmers like Carman respect, even if grocery-store shoppers don't give a hoot. "Beyond carbon sequestration, the question is how do we harness more energy in the soil? How do we retain more water? We do that by increasing plant cover and improving biodiversity, and we achieve that by grazing livestock as a beneficial tool," says Rowntree.

The growing evidence that regenerative agriculture can restore overgrazed lands and help mitigate climate change has spurred several tech companies to develop a way to measure and pay farmers for sequestering carbon in their soils—incentivizing ranchers nationwide to switch to more sustainable practices.

Some experts also believe that, regeneratively raised or not, beef cattle (and the methane tied to their belches and farts) may not be as bad for the planet as they're often made out to be. While methane is indeed a more potent greenhouse gas than CO_2 initially, it degrades quickly, according to Ermias Kebreab, Ph.D., an associate dean of the college of agriculture and environmental sciences at the University of California, Davis. "Methane doesn't stay in the atmosphere like CO_2," he says. "In 12 years, the methane that has been emitted today will become neutralized." But CO_2 can stick around several hundred years or more. Plus, studies he has worked on have shown that U.S. farms have already made great strides in reducing the environmental impact of conventional cattle operations by improving the breeding stock, the energy efficiency of equipment and the diets of cattle to reduce methane emissions.

Choosing the Most *Planet*-Based Burger

So, is beef a problem or a solution?

The answer depends on whether you're talking to advocates of plant-based meats

(continued on page 79)

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(continued from page 75)

or regenerative agriculture. All these life-cycle assessments appear to show that making plant-based beef cuts down on greenhouse gases, phosphate runoff and water use compared to conventional beef—immediate, drastic reductions. And Moses from Impossible Foods says the company is able to scale up rapidly, building factories in any corner of the Earth, using ingredients that are readily available on the commodity market and producing millions of pounds of protein.

There is still an environmental impact, of course. Most plant-based meats are based on soybean or pea protein, coconut oil and other products that are grown through monocropping, use genetically modified seeds (the soybeans most companies use are Roundup Ready GMO), require fertilizers and herbicides and have a track record of degrading the soil.

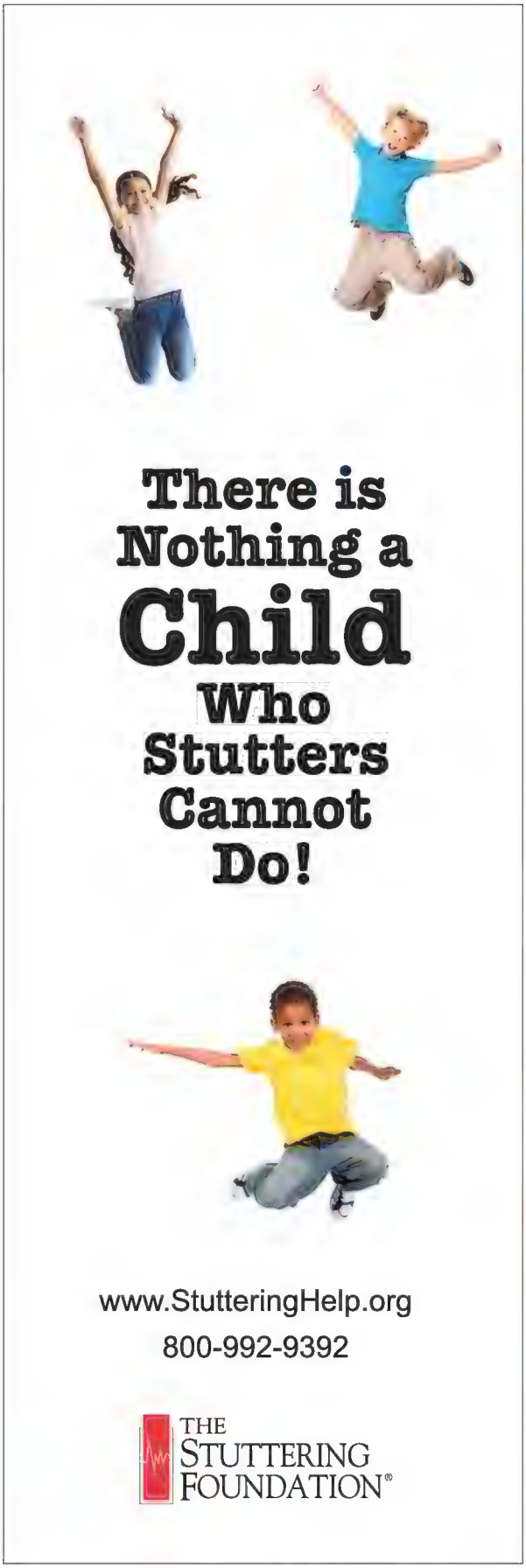
Regenerative ranching is no panacea, however: depending on the region, it may require supplemental fertilizer or irrigation. And scalability is an issue. Cattle raised on grass from birth to slaughter require 2 to 2½ times the amount of land as those raised conventionally—land we don't have to spare. And sustainability researcher Timothy Searchinger adds that if somehow the world could free up cropland and turn it into good pasture, it wouldn't create anywhere near as dramatic carbon gains as returning pasture to forest, particularly in the Eastern and Midwestern parts of the United States, where most of the cropland is.

Unless the country makes major shifts in research and policy—which overwhelmingly support commodity livestock—grass-finished beef will remain a niche product for privileged eaters. And it doesn't help reduce the global demand for animal meat, which groups like the EAT-Lancet Commission and the World Resources Institute say is necessary if we're to feed an ever-more-crowded planet and mitigate climate change. "We do need better grazing. Better beef production," says Searchinger. "But we also need the world's wealthy people—meaning Americans—to eat less beef."

What I see in both strategies, however, is the potential for real and significant change. So here's a third path, guaranteed to annoy both camps: Given that organic, natural and grass-fed beef only makes up 3% of the U.S. beef market, and plant-based meat represents 1% of meat sales, why can't we back both solutions with dollars and legislative support? The planet needs ready fixes to the growing food crisis as well as long-term ones—foods that reduce our environmental impact as well as reverse it.

Why not replace the cheap ground beef in our Taco Tuesdays and weeknight chili with plant-based meat, and buy flavorful, regeneratively raised beef on those occasions when we want to savor it? In 30 years, if we figure out how to feed 10 billion people and contain global warming, we can argue over which meat had the biggest effect.

JONATHAN KAUFFMAN *is a James Beard Award-winning journalist and author of* Hippie Food. *He lives in Oregon.*



Snowy Peaks, p.85

Little Miracles, p.85
(opposite)

COOKIES IN THE YEAR OF BAKING

Cookbook author **DORIE GREENSPAN** shares how she's reimagining holiday cookies in this crazy year when even the nonbakers among us have been getting their hands floury.

Photography by **JENNIFER CAUSEY**

I THINK OF MYSELF AS A BAKING EVANGELIST.

I PREACH THE PLEASURES OF WORKING with your hands, the magic of transforming butter, flour, sugar and eggs into cakes and cookies, tarts and breads, and pies with fillings that bubble exuberantly. I always gather converts, but this year was different.

This year, the months of being at home did more than my encouragement ever could. We all became more enthusiastic home bakers—even those who rarely used their ovens. As we come to the holidays, many of us have already baked every family favorite in our files, including the specialties we'd normally reserve for this time of year. For me, that means cookies. There I was baking my Christmas jam cookies in March!

And so, this December, I rethought my holiday cookies, looking at ways to add a fresh spark to stalwarts and tucking some new ones into the mix. Those jam cookies? They're now chocolate thumbprints filled with tangy and naturally pink ruby chocolate. The star cookies—it can't be Christmas without stars—once pale and dusted with sprinkles, are now honey-brown and flavored with molasses, coffee, cinnamon and cardamom. I've made little peaks of coconut, cocoa and almond, and buttons that pair pistachio with the captivating flavor of matcha green tea. There are teensy choux puffs topped with crunchy sugar. And delicate triangles of sweet dough, flavored with orange blossom water and fried; called Little Miracles, they echo the miracle of Hanukkah. They're elegant. In fact, all of the cookies are. Each is purposefully small, understated and chic. Together they make a collection.

For my family, some of these cookies bring back memories. Some create new ones. I hope they will do the same for you and those you share them with.

DORIE GREENSPAN *is the author of 13 cookbooks, including* Dorie's Cookies, *and is a five-time James Beard Foundation Award winner.*

STYLING: RISHON HANNERS (FOOD), CLAIRE SPOLLEN (PROPS). PORTRAIT: CHRISTINE HAN PHOTOGRAPHY

Coffee Stars

ACTIVE: 45 min **TOTAL:** 2¾ hrs (including freezing and drying time)
TO MAKE AHEAD: Refrigerate dough (Steps 1–3) for up to 3 days or freeze for up to 3 months. Freeze unglazed cookies airtight for up to 2 months. Store glazed cookies airtight at room temperature for up to 5 days.
EQUIPMENT: Parchment paper, 2- or 2½-inch star-shaped cookie cutter

Spelt flour's earthy flavor is a good companion to the warm spices and molasses in these cheerful cookies. Play around with the glaze and decorations to vary the look of the batch.

COOKIES

- **1¼ cups all-purpose flour**
- **1 cup spelt flour**
- **2 teaspoons instant espresso powder**
- **1½ teaspoons ground cinnamon**
- **½ teaspoon ground cardamom, ginger *or* allspice**
- **½ teaspoon salt**
- **8 tablespoons (1 stick) unsalted butter, at room temperature**
- **⅓ cup packed light brown sugar**
- **¼ cup turbinado sugar**
- **1 large egg, at room temperature**
- **1½ tablespoons molasses**
- **1 teaspoon vanilla extract**

GLAZE & DECORATIONS

- **1½ tablespoons pasteurized liquid egg white**
- **1¼ cups confectioners' sugar, sifted**
- **2½ teaspoons unsalted butter, melted**
- **Warm water, if needed**
- **Sprinkles, dragées, sanding sugar, chocolate pearls, chopped chocolate-covered coffee beans *and/or* instant espresso powder for decorating (optional)**

1. To prepare cookies: Whisk all-purpose flour, spelt flour, espresso powder, cinnamon, cardamom (or ginger or allspice) and salt in a medium bowl.
2. Beat 8 tablespoons butter, brown sugar and turbinado sugar in the bowl of a stand mixer fitted with the paddle attachment (or in a large bowl with a hand mixer on medium speed), scraping the sides as needed, until smooth and creamy, about 3 minutes. Add egg and beat for 1 minute. Beat in molasses and vanilla on low speed. Add the dry ingredients and beat on low speed just until the dough comes together. Transfer the dough to a clean work surface. Divide in half and pat each half into a disk.
3. Working with one disk at a time, place the dough between two sheets of parchment paper and roll to a thickness of ⅛ inch. Stack the rolled dough in parchment on a baking sheet and freeze for 1 hour (and up to 3 months) or refrigerate for at least 3 hours (and up to 3 days).
4. Preheat oven to 350°F. Line 2 baking sheets with parchment paper or silicone baking mats.
5. If the dough has been frozen, let stand at room temperature for 5 minutes. Working with one piece of dough at a time and using a 2- or 2½-inch star-shaped cookie cutter, cut out as many cookies as you can. Place them about 1 inch apart on the prepared baking sheets. Gather the scraps and roll and cut the remaining dough.
6. Bake the cookies, one pan at a time, until golden and only just firm, 8 to 9 minutes. Let cool on the pan for 2 minutes, then transfer to a wire rack.
7. To prepare glaze: Whisk egg white in a medium bowl until frothy. Add confectioners' sugar and stir with a flexible spatula until incorporated. Stir in melted butter and mix until you have a smooth glaze that spreads easily, adding a drop or two of warm water if needed.
8. Using a small offset spatula or a butter knife, spread the glaze over each cookie. If you'd like to add some sprinkles, a little chocolate pearl or three, or anything else you fancy, do it while the glaze is fresh. Let the cookies dry at room temperature for 1 hour.

MAKES: 38 cookies (analysis per cookie)
Cal 83 **Fat** 3g (sat 2g) **Chol** 12mg **Carbs** 13g **Total sugars** 8g (added 8g) **Protein** 1g **Fiber** 0g **Sodium** 35mg **Potassium** 24mg.

Chouquettes

ACTIVE: 25 min **TOTAL:** 1¾ hrs
TO MAKE AHEAD: Freeze unbaked chouquettes (Steps 2-5) until solid then transfer to a sealable plastic bag. Bake them directly from the freezer, adding 1 to 2 minutes to the baking time.
EQUIPMENT: Parchment paper or silicone baking mats, pastry bag fitted with a ¼-inch-diameter tip or 1-gallon sealable plastic bag
These tiny puffs are made from choux pastry, the same dough that's used to make cream puffs and eclairs. For a festive look, decorate with various colors of pearl or sanding sugars—both have larger granules that won't melt when baked.

- **8 tablespoons (1 stick) unsalted butter, cut into pieces**
- **½ cup low-fat milk**
- **½ cup water**
- **2 tablespoons granulated sugar**
- **½ teaspoon salt**
- **½ cup all-purpose flour**
- **½ cup whole-wheat pastry flour**
- **4 large eggs**
- **1 large egg white**
- **6 teaspoons pearl *or* sanding sugar**

1. Position racks in lower and upper thirds of oven; preheat to 350°F. Line 2 baking sheets with parchment paper or silicone baking mats.
2. Combine butter, milk, water, granulated sugar and salt in a medium saucepan. Bring to a boil over medium heat. When it's boiling and the butter is melted, stir, then add all-purpose flour and pastry flour. Beat with a sturdy spatula or wooden spoon until the dough pulls away from the sides and leaves a film on the bottom of the pan, about 4 minutes.
3. Transfer the dough to the bowl of a stand mixer fitted with the paddle attachment (or to a large bowl). Add eggs, one by one, beating for 1 minute after each addition. Beat in egg white.
4. Scrape the dough into a pastry bag fitted with a ¼-inch-diameter tip. *(Alternatively, use a 1-gallon sealable plastic bag: press the dough into a corner, then snip a ¼-inch opening from the corner.)*
5. Pipe out little buttons of dough ½ to ¾ inch in diameter onto the prepared baking sheets; leave a scant inch between them. If you're baking the chouquettes now, sprinkle generously with pearl or sanding sugar. If you're freezing them, hold the sugar until just before baking.
6. Bake the chouquettes, rotating the pans top to bottom and front to back halfway through, until golden brown, 20 to 25 minutes. Turn off the oven, open the door a crack—hold it open with a wooden spoon—and let the chouquettes "dry" for 15 minutes. They should feel firm and you should be able to peel them off the paper (or mats) easily. Allow the chouquettes to cool on the pans for 5 minutes. Serve when they're only just warm or at room temperature.
MAKES: 100 chouquettes (analysis per cookie)
Cal 19 **Fat** 1g (sat 1g) **Chol** 10mg **Carbs** 2g **Total sugars** 1g (added 1g) **Protein** 1g **Fiber** 0g **Sodium** 16mg **Potassium** 9mg.

Chouquettes

Ruby Thumbprints

Ruby Thumbprints

ACTIVE: 40 min
TOTAL: 2 hrs 50 min (including chilling time)
TO MAKE AHEAD: Refrigerate dough (Steps 1-2) for up to 1 day. Let stand at room temperature for 1 hour before continuing. Store cookies airtight at room temperature for up to 2 days.
EQUIPMENT: Parchment paper or silicone baking mats

You can fill these thumbprints with jam or ruby chocolate, a naturally pink chocolate that has a tart, fruity flavor. You can find ruby chocolate (also called ruby cacao or ruby couverture) at some specialty grocery stores, including Trader Joe's and Whole Foods, and online.

- ½ cup all-purpose flour
- ⅓ cup rye flour
- ½ teaspoon ground cinnamon *or* ginger
- ½ teaspoon salt
- 5 tablespoons unsalted butter, cut into pieces
- 8 ounces dark chocolate, coarsely chopped
- ⅔ cup granulated sugar
- 2 cold large eggs
- 1 teaspoon vanilla extract
- ¼ cup turbinado sugar, for rolling
- ½ cup coarsely chopped ruby chocolate (3 ounces) *or* raspberry *or* apricot jam

1. Whisk all-purpose flour, rye flour, cinnamon (or ginger) and salt in a medium bowl.
2. Fit another medium bowl into a pan of gently simmering water—don't let the water touch the bottom of the bowl. Put butter in the bowl, then put dark chocolate on top. Heat, stirring occasionally, until the butter and chocolate are melted. Remove the pan from the heat and whisk in granulated sugar. Add eggs, one at a time, and beat energetically until the mixture is thick and smooth, about 1 minute. Beat in vanilla. Stir in the flour mixture with a flexible spatula until the dry ingredients disappear into the dough. Cover and refrigerate for at least 2 hours or up to 1 day.
3. Preheat oven to 350°F. Line 2 baking sheets with parchment paper or silicone baking mats. Put turbinado sugar in a small bowl.
4. Using a scant tablespoon per cookie, roll the dough into balls between your palms. Roll the balls around in the sugar to coat. Place the balls on the prepared baking sheets (13-15 per pan), giving them 1½ inches or so of room to spread. Make an indentation in the center of each cookie with a wine cork or your thumb.
5. Bake 1 pan at a time until the cookies feel almost firm, 10 to 12 minutes. Transfer the pan to a wire rack. The indentations will have puffed in the oven, so gently press them down again.
6. If filling the cookies with ruby chocolate, melt it, either in a microwave or in a bowl over simmering water. Using a small spoon, fill each indentation to the brim with chocolate. Pop the cookies into the fridge for about 10 minutes to set the chocolate. If filling with jam, stir in a splash of warm water to thin it and then fill the cookies while the jam is still liquid. If the cookies are still warm, let them cool to room temperature before serving.
MAKES: 28 cookies (analysis per cookie)
Cal 75 **Fat** 3g (sat 2g) **Chol** 19mg **Carbs** 10g **Total sugars** 8g (added 6g) **Protein** 1g **Fiber** 0g **Sodium** 50mg **Potassium** 20mg.

Snowy Peaks

ACTIVE: 30 min **TOTAL:** 1 hr 25 min (including cooling time)
TO MAKE AHEAD: Store airtight at room temperature for up to 1 week. Dust with confectioners' sugar just before serving.
EQUIPMENT: Parchment paper or silicone baking mat

These flourless chocolate treats look like tiny snow-capped mountains. Made with a blend of almonds, coconut and chocolate, they are gluten-free and have a rich, decadent flavor. (Photo: page 80.)

- 1¼ cups shredded unsweetened coconut
- 1 cup whole unsalted dry-roasted almonds, preferably skin-on
- ½ cup granulated sugar
- 2 tablespoons unsweetened cocoa powder
- ¼ teaspoon ground allspice, cardamom, cinnamon *or* nutmeg
- ¼ teaspoon salt
- ⅓ cup chopped dark chocolate *or* dark chocolate chips
- 3 large egg whites, lightly beaten
- 2 tablespoons confectioners' sugar

1. Position rack in center of oven; preheat to 350°F. Line a baking sheet with parchment paper or a silicone baking mat.
2. Place coconut, almonds, granulated sugar, cocoa, allspice (or cardamom, cinnamon or nutmeg) and salt in a food processor. Pulse to grind the nuts. Add chocolate and pulse to chop. Gradually add egg whites and pulse until the dough holds together when pinched.
3. Drop about 2 teaspoons of dough per cookie onto the prepared baking sheet, leaving 1 inch between each mound. Using 2 dampened fingers, pinch the dough on four sides to form each into a little peak or a flat-sided pyramid.
4. Bake the cookies until they feel firm-ish and peel away easily from the paper (or mat), 22 to 24 minutes. Transfer the pan to a wire rack until the cookies are completely cool, about 30 minutes.
5. Just before serving, dust the cookies with confectioners' sugar.
MAKES: 26 cookies (analysis per cookie)
Cal 94 **Fat** 6g (sat 3g) **Chol** 0mg **Carbs** 9g **Total sugars** 6g (added 4g) **Protein** 2g **Fiber** 1g **Sodium** 30mg **Potassium** 50mg.

Little Miracles

ACTIVE: 1 hr **TOTAL:** 4½ hrs
TO MAKE AHEAD: Refrigerate dough (Steps 1-2) for up to 2 days. Refrigerate cookie cutouts (Step 4) for up to 1 day.

In France these are called merveilles, which means miracles. As the dough is fried in oil, it puffs up slightly, transforming into a delicate, airy confection. Here, we have cut the dough into triangles, but you can cut it into any shape you please. (Photo: page 81.)

- ½ cup all-purpose flour
- ½ cup white whole-wheat flour
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 3 tablespoons granulated sugar
- 1 tablespoon butter, at room temperature
- 2 teaspoons grated orange zest
- 1 large egg, lightly beaten
- 2 tablespoons orange blossom water *or* brandy
- ¼ teaspoon pure orange *or* vanilla extract
- 2 cups canola oil
- 2 tablespoons confectioners' sugar

1. Whisk all-purpose flour, whole-wheat flour, baking powder and salt in a medium bowl.
2. Mix sugar, butter and orange zest in another medium bowl with a flexible spatula until smooth. Stir in egg, orange blossom water (or brandy) and orange (or vanilla) extract. Add the dry ingredients and stir until dough is soft and sticky. Wrap in plastic wrap and refrigerate for at least 2 hours and up to 2 days.
3. Line a baking sheet with plastic wrap and cut the dough in half. Roll out each piece on a well-floured surface into an 8-by-10-inch rectangle, dusting with flour almost continuously.
4. Using a saw-toothed ravioli cutter or a pastry or pizza cutter, cut each rolled-out piece of dough into 20 strips, squares or triangles. Place the cutouts on the prepared baking

sheet, cover with plastic wrap and refrigerate for at least 1 hour and up to 1 day.

5. Heat oil in a medium saucepan to 350°F. Line a baking sheet with a double layer of paper towels. Place confectioners' sugar in a fine-mesh sieve or shaker and set near the stove.

6. Fry 5 cookies at a time until they're golden on both sides, about 3 minutes. Use a slotted spoon to transfer them to the paper towels. Blot excess oil from the tops with another paper towel, then dust both sides with the sugar. Repeat with the remaining cookies, allowing the oil to return to 350° between batches. Serve the cookies within a few hours, dusted with more confectioners' sugar, if desired.

MAKES: 40 cookies (analysis per cookie)
Cal 47 **Fat** 3g (sat 0g) **Chol** 5mg **Carbs** 4g **Total sugars** 1g (added 1g) **Protein** 1g **Fiber** 0g **Sodium** 16mg **Potassium** 6mg.

Pistachio Buttons

ACTIVE: 20 min **TOTAL:** 4¾ hrs (including chilling and cooling time)

TO MAKE AHEAD: Refrigerate batter (Steps 1-3) for up to 3 days. Store undecorated buttons airtight for up to 4 days or freeze for up to 2 months. Store decorated buttons airtight for 2 days.

EQUIPMENT: Mini muffin tins

Adding matcha, a powdered green tea with a grassy flavor, balances the sweetness of these little tea cakes and adds gorgeous color too. You can add more matcha to the glaze for a festive green tint or sprinkle some on top. Alternatively, use dehydrated raspberry powder for a pink hue.

Go green! Matcha tea tints these tiny cakes.

COOKIES

- **12 tablespoons (1½ sticks) unsalted butter**
- **¾ cup unsalted pistachios**
- **¾ cup granulated sugar**
- **⅓ cup all-purpose flour**
- **⅓ cup whole-wheat flour**
- **1½ teaspoons matcha powder**
- **¼ teaspoon salt**
- **6 large egg whites, at room temperature**

WHITE CHOCOLATE GLAZE

- **8 ounces white chocolate, coarsely chopped**
- **1½ teaspoons canola oil**
- **Matcha powder *or* freeze-dried raspberry powder (optional)**

1. To prepare cookies: Heat butter in a small saucepan over medium heat just until it comes to a boil. Remove from heat (you want to use the butter while it's still warm).

2. Place pistachios and sugar in a food processor and pulse until the nuts are ground but still slightly chunky; don't overprocess into a paste. Add all-purpose flour, whole-wheat flour, matcha and salt and pulse a few times to blend.

3. Whisk egg whites in a medium bowl. Add the nut mixture and stir with a flexible spatula until thoroughly blended. Gradually and gently incorporate the butter, stirring lightly—it will take a little while to get all the butter into the batter—until the batter is thick and shiny. Cover and refrigerate for at least 3 hours or up to 3 days.

4. Preheat oven to 400°F. Coat a mini muffin tin (24 mini cups) with cooking spray. Spoon the batter into the cups.

5. Bake the buttons until the edges are deeply golden and the tops have crowned and feel springy to the touch, 13 to 15 minutes. Let cool in the pan for 5 minutes, then turn out onto a wire rack. Let cool to room temperature, about 1 hour.

6. To prepare glaze: Place chocolate and oil in a small microwave-safe bowl. Microwave on Medium in short bursts until the chocolate has melted, 1½ to 3 minutes. *(Alternatively, melt chocolate and oil in a double boiler.)*

7. If you want to add color to the glaze, mix the melted chocolate with up to ½ teaspoon matcha or raspberry powder—add it gradually until you get the shade you want.

8. Dip the tops of the buttons in the chocolate glaze, then place them on a baking sheet and refrigerate until the chocolate hardens. about 30 minutes. If you want to sprinkle the tops with matcha (or raspberry powder), do it before the glaze sets.

MAKES: 24 buttons (analysis per cookie)
Cal 167 **Fat** 11g (sat 6g) **Chol** 17mg **Carbs** 16g **Total sugars** 12g (added 6g) **Protein** 3g **Fiber** 1g **Sodium** 48mg **Potassium** 89mg.

For tips from Dorie Greenspan on how to avoid common cookie-baking mistakes, hover your phone's camera over this smart code.

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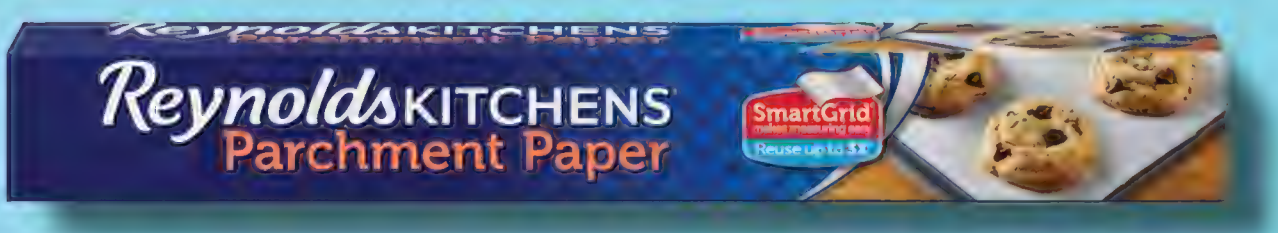

HOLIDAYS NEW ORLEANS STYLE

This year we're all due for some serious celebrating. And there's no better place to show us how than the Crescent City—home to Mardi Gras, Jazz Fest and Réveillon.

BY RIEN FERTEL // RECIPES BY FRANK BRIGTSEN

Location photography by **NICK BURCHELL** // Food photography by **JENNY HUANG**

Brigtsen's
RESTAURANT

Brigtsen's restaurant is aglow with shimmering lights. It's mid-December 2019 and a stripe of red ribbon decorates each table. Everyone is dressed for what we New Orleans locals, sensitive to dropping temperatures, call "gumbo weather." Spirited discussions reverberate off the dining room walls as family and friends chat about the holidays, the fast-approaching Mardi Gras season, the promises of the year beyond.

This is a Réveillon dinner—from the French word for "awakening"—an old French yuletide custom. In the city's early days, most of the population was Catholic and partook in the prescribed Christmas Eve fast. That was followed by Midnight Mass, after which families would return home to a feast of seafood gumbo, roast meats, dressings, desserts, eggnog and wine. Only in New Orleans would households repeat the ritual on New Year's Eve. In well-off homes, servants or enslaved people cooked and served the meal. By 1900, after the abolition of slavery and as the kitchens of French New Orleanians fell in line with American conventions, the tradition had faded. Then in the mid-1980s it was rekindled by restaurants hungry to fill dining rooms during the downturn of the holiday season. In recent years, well over 50 restaurants have offered a prix fixe menu throughout December and into the New Year.

For Frank Brigtsen, the chef and proprietor of Brigtsen's, Réveillon is a moment to go all in and "give them the good stuff," as he says. That means counting on the classics that have built his reputation over the past four decades: filé gumbo, satsuma orange salad dressed with spiced pecans and cane vinaigrette, pan-roasted pork chops glazed with mayhaw pepper jelly, and cornbread dressing. The New Orleans native sees Réveillon as an opportunity to attract new customers while rewarding his most loyal patrons.

It also helps that Brigtsen adores the holidays. He's a Christmas-season baby—born December 9, a birthdate he shares with his wife, Marna—and remembers begging his parents to attend Midnight Mass at the nearby St. Matthew the Apostle Church. The scent of burning frankincense, the mystique of the Latin liturgy, sitting in those pews, simmering in anticipation of Santa's arrival, all signified Christmas to young Frank.

An early appreciation for food led to a budding career in kitchens. In 1978, a 24-year-old Brigtsen answered an ad to apprentice under executive chef Paul Prudhomme at Commander's Palace, the city's elegant, Garden District Creole landmark. He soon followed Prudhomme to the French Quarter, leading the kitchen at his mentor's new venture, K-Paul's. At the time, there was no grander stage in the local, and arguably national, restaurant scene than cooking for Chef Paul, the patron saint of modern Louisiana cuisine.

Seven years later, Prudhomme called Brigtsen into a meeting and bestowed his ultimate blessing: "You're ready to go out on your own." Bankrolled by Chef Paul, Frank and Marna opened Brigtsen's just five days following his final shift at K-Paul's. "You don't want to see pictures of me from those five days," he laughs, still unable to believe he survived.

Today, following the recent passings of local luminaries like Prudhomme and Dooky Chase's much adored chef-owner Leah Chase, Brigtsen has become the éminence grise of Louisiana cooking. He's a beloved godfather to a new generation of chefs and restaurateurs.

STYLING: TYNA HOANG (FOOD); SOPHIE LENG (PROPS)

RÉVEILLON IS A MOMENT TO GO ALL IN AND "GIVE THEM THE GOOD STUFF."

—CHEF FRANK BRIGTSEN

BBQ SHRIMP WITH SHRIMP CALAS GRIDDLECAKES, PAGE 94

When chef Nina Compton moved from Miami to New Orleans to open her James Beard Award-winning restaurant Compère Lapin in 2015, Brigtsen became her local guru. "I looked to him for advice, whether it was culinary or personal," she says. "He's still nurturing, teaching and mentoring people to this day. That says a lot."

Brigtsen makes time to teach Cajun and Creole courses at a pair of culinary programs, one collegiate, the other at a high school arts conservatory. "It was a Hurricane Katrina thing for me," he says about those post-storm years when many New Orleanians feared the disappearance of their vernacular foodways. "If I can help," he says. "If I can create possibilities, while reminding people of the importance of this culture and cuisine, I'll die happy."

"In cooking, color is flavor," Brigtsen likes to tell his students, "and brown is the color of flavor." At Brigtsen's, the menu reads as a study in shades of sienna, mahogany and umber: chocolate-hued gumbo, BBQ shrimp bathed in beer and butter, sweet potato bread pudding swimming in praline sauce.

Despite keeping his restaurant closed for much of 2020 due to COVID-19, Brigtsen vows to celebrate Réveillon this year. He's reminded of the storms he and New Orleans have endured. When Katrina shuttered the city's restaurants in 2005, Brigtsen's reopened on December 29, just in time for Réveillon. "We learned after Katrina that there has to be a lot of rebuilding. Besides the hammers and nails, you have to lift people's spirits," he says. "Restaurants can be beacons of hope in a desperate situation."

To that end, Frank, Marna and the Brigtsen's team plan to serve Réveillon dinners in-house this year and, in a historic twist of fate, will offer takeout service as well. For the first time in many generations, locals will be able to taste this old New Orleans custom in their very own homes. And now, with these recipes, so can you.

RIEN FERTEL *is the author of three books, including* The One True Barbecue. *He lives in New Orleans.*

CRESCENT CITY CORNBREAD DRESSING, PAGE 97

ROAST PORK LOIN
WITH PEPPER JELLY GLAZE,
PAGE 97

SATSUMA SALAD
WITH SPICED PECANS,
PICKLED RED ONION & CANE
VINAIGRETTE, PAGE 96

BBQ Shrimp with Shrimp Calas Griddlecakes

ACTIVE: 50 min **TOTAL:** 1 hr

This New Orleans staple has nothing to do with a BBQ pit; it's simply local shrimp doused in heavily seasoned butter with lots of hot French bread for dipping. Brigtsen created this version when he worked under chef Paul Prudhomme, using beer and shrimp stock for the sauce. For Réveillon, Brigtsen matches them with shrimp-studded griddlecakes inspired by calas, a typically sweet fritter that likely came to New Orleans with enslaved people from Africa. (Photo: page 91.)

GRIDDLECAKES

- 1 tablespoon butter
- 1 cup raw deveined peeled shrimp (any size)
- ¼ cup thinly sliced scallions, plus more for garnish
- ¾ teaspoon Chef Paul Prudhomme's Seafood Magic seasoning blend *(see page 96)*
- ¾ teaspoon minced fresh garlic
- 2 large eggs
- ½ cup low-fat milk
- ½ cup white whole-wheat flour
- 1½ teaspoons baking powder
- 1½ teaspoons granulated sugar
- 2 cups cooked brown rice
- 1½ tablespoons grapeseed *or* canola oil

SHRIMP

- 18 raw jumbo shrimp (10-15 per pound), preferably with heads on
- 2 cups water
- 2 tablespoons grapeseed *or* canola oil
- 1 teaspoon finely chopped fresh rosemary
- ½ teaspoon ground pepper
- 1 teaspoon minced garlic
- ½ teaspoon seafood seasoning
- 3 tablespoons beer *or* apple cider
- 1½ teaspoons Worcestershire sauce
- 2 tablespoons butter, softened

1. To prepare griddlecakes: Heat 1 tablespoon butter in a large skillet over medium-high heat. Add 1 cup shrimp and cook, stirring, just until they turn pink on the outside, 1 to 2 minutes. Add scallions, ¾ teaspoon seasoning blend and ¾ teaspoon garlic; cook until the shrimp are cooked through, 1 to 2 minutes. Transfer the shrimp to a plate. Refrigerate until cold, about 10 minutes.

2. Puree half the shrimp in a food processor. Coarsely chop the remaining shrimp.

3. Whisk eggs in a large bowl until frothy. Add milk and whisk until blended. Add flour, baking powder and sugar; whisk until smooth. Add rice along with the pureed and chopped shrimp; fold with a flexible spatula until blended. Cover and refrigerate for 15 minutes.

4. Preheat oven to 200°F. Heat a griddle to 375°F or a large nonstick skillet over medium heat. Brush 1 tablespoon oil over the griddle or skillet. Using ¼ cup to make each, drop 4 griddlecakes onto the pan. Cook until browned on both sides, 2 to 4 minutes total. Adjust heat as necessary to prevent burning. Transfer the cakes to a baking sheet and keep warm in the oven. Repeat 2 more times with the remaining batter, brushing the pan with some of the remaining 1½ teaspoons oil before cooking each batch.

5. To prepare shrimp: Peel shrimp, reserving the heads and shells for stock; refrigerate the shrimp. Place the shrimp heads and shells and water in a medium saucepan. Bring to a boil. Reduce heat to low and simmer, stirring occasionally, for 5 minutes. Pass the stock through a fine-mesh sieve, discarding the shells. Measure out ¼ cup stock and set aside (reserve the remainder for another use).

6. Heat a large skillet over high heat for 2 minutes. Add oil, rosemary, pepper and the peeled shrimp. Cook, shaking the pan, just until the shrimp turn pink, 2 to 3 minutes. Add garlic and seafood seasoning; cook, shaking the pan constantly, for 5 seconds. Add beer (or cider) and Worcestershire. Cook until the liquid is almost evaporated, 15 to 20 seconds.

7. Add the reserved ¼ cup shrimp stock and bring to a boil. Cook for 20 to 30 seconds to allow the stock to reduce and intensify in flavor. Add butter and reduce heat to low. Shake the pan vigorously back and forth, just until the butter melts into the sauce and the sauce is emulsified. Garnish with scallions and serve immediately with the griddlecakes.

SERVES 6: 2 griddlecakes & 3 shrimp each
Cal 325 **Fat** 17g (sat 5g) **Chol** 155mg **Carbs** 29g **Total sugars** 3g (added 1g) **Protein** 14g **Fiber** 2g **Sodium** 480mg **Potassium** 226mg.

Sweet Potato Bread Pudding with Pecan Praline Sauce

ACTIVE: 40 min **TOTAL:** 1 hr 25 min

TO MAKE AHEAD: Refrigerate sweet potato (Step 1) for up to 3 days.

Brigtsen's dessert menu offers "Bread Pudding du Jour," which changes with the seasons. This sweet potato version plays well during the holidays.

BREAD PUDDING

- 2 cups diced peeled sweet potato
- ¾ cup water
- 3 tablespoons granulated sugar plus ¼ cup, divided
- 3 tablespoons light brown sugar
- 1 tablespoon unsalted butter
- 1½ teaspoons orange zest
- ¼ cup orange juice
- ¾ teaspoon lemon zest
- 2 teaspoons lemon juice
- ¼ teaspoon salt
- 6 large eggs

SWEET POTATO BREAD PUDDING WITH PECAN PRALINE SAUCE

- 1½ cups low-fat milk
- ⅔ cup sweetened condensed milk
- 1¼ teaspoons ground cinnamon
- ½ teaspoon vanilla extract
- ¼ teaspoon ground nutmeg
- 8 cups diced stale French bread, preferably whole-wheat

SAUCE

- 4 tablespoons unsalted butter, divided
- ¼ cup light brown sugar
- ¼ cup granulated sugar
- ¼ cup low-fat milk
- 2 tablespoons heavy cream plus ¾ cup, divided
- ⅓ cup finely chopped pecans, toasted
- ¾ teaspoon vanilla extract
- Whipped cream for serving

1. To prepare pudding: Combine sweet potato, water, 3 tablespoons each granulated sugar and brown sugar, 1 tablespoon butter, orange zest, orange juice, lemon zest, lemon juice and salt in small saucepan. Bring to a boil over high heat. Reduce heat to low, cover and simmer until the sweet potato is very tender, 15 to 25 minutes. Let cool for 5 minutes. Transfer the mixture to a food processor and puree. Transfer to a shallow pan and let cool completely, about 15 minutes in the refrigerator or 5 minutes in the freezer.

2. Meanwhile, preheat oven to 350°F. Coat a 7-by-11-inch or similar 2-quart baking dish with cooking spray. Put a kettle of water on to boil for the water bath.

3. Whisk eggs in a large bowl. Add 1½ cups milk, condensed milk, cinnamon, vanilla, nutmeg, the sweet potato puree and the remaining ¼ cup granulated sugar; whisk until blended. Add bread and stir until well coated. Pour the mixture into the prepared baking dish.

4. Place the baking dish in a roasting pan. Pour enough boiling water into the roasting pan to come 1 inch up the sides of the baking dish. Carefully transfer the roasting pan to the oven. Bake the pudding until the center is no longer runny, 45 minutes to 1 hour.

5. Just before serving, prepare sauce: Combine 3 tablespoons butter, brown sugar, granulated sugar, milk and 2 tablespoons cream in a medium saucepan. Bring to a boil over medium-high heat. Cook for 1 minute, whisking occasionally. Add pecans and vanilla. Cook, stirring occasionally, until thickened and golden, about 3 minutes more. Add the remaining ¾ cup cream. Return the mixture to a boil and cook, whisking, for 1 minute. Remove from heat and whisk in the remaining 1 tablespoon butter.

6. Serve the pudding with the sauce and whipped cream, if desired.

SERVES 18: ½ cup pudding & 1 Tbsp. sauce each **Cal** 262 **Fat** 12g (sat 6g) **Chol** 89mg **Carbs** 32g **Total sugars** 22g (added 13g) **Protein** 7g **Fiber** 2g **Sodium** 173mg **Potassium** 231mg.

Satsuma Salad with Spiced Pecans, Pickled Red Onion & Cane Vinaigrette

ACTIVE: 40 min **TOTAL:** 1 hr 40 min

TO MAKE AHEAD: Refrigerate pickled onion (Step 1) for up to 1 week. Store spiced pecans (Step 2) airtight at room temperature for up to 1 week. Refrigerate vinaigrette (Step 3) for up to 2 days; whisk or shake before using.

Satsuma mandarins are grown throughout Louisiana. These easy-to-peel fruit add a bright juicy burst to this salad. (Photo: page 93.)

PICKLED RED ONION

- ⅔ cup cold water
- ½ cup distilled white vinegar
- 2 tablespoons balsamic vinegar
- ¼ cup granulated sugar
- ¼ teaspoon salt
- Pinch of cayenne pepper
- 1 bay leaf
- 1 sprig fresh rosemary
- 2 cups very thinly sliced red onion

SPICED PECANS

- 1 cup chopped pecans
- 1 tablespoon unsalted butter
- 1 tablespoon light brown sugar
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon salt
- ⅛ teaspoon cayenne pepper

SALAD

- ¼ cup cane vinegar *(see below)* or rice vinegar
- 1 tablespoon honey
- ¾ teaspoon dry mustard
- ¾ teaspoon Creole mustard *(see below)* or spicy brown mustard
- ¼ teaspoon minced fresh garlic
- ¼ teaspoon salt
- 2 drops hot pepper sauce, such as Tabasco *(see below)*
- ⅓ cup extra-virgin olive oil
- 16 cups mixed salad greens
- 1½ cups crumbled feta cheese, divided
- 4 medium satsumas, peeled and sectioned

1. To prepare onion: Combine water, white vinegar, balsamic vinegar, granulated sugar, salt, pinch of cayenne, bay leaf and rosemary in a medium saucepan. Bring to a boil over high heat. Cook, stirring occasionally, for 3 minutes. Stir in onion, cover and remove from heat. Let stand for 5 minutes. Transfer the onion in its cooking liquid to a heatproof container and refrigerate, uncovered, until chilled, at least 1 hour.

2. Meanwhile, to prepare pecans: Toast pecans in a small skillet over medium heat, stirring occasionally, until fragrant and dark brown, 5 to 10 minutes. Transfer to a large bowl. Add butter, brown sugar, cinnamon, nutmeg, salt and cayenne to the pan. Cook over low heat just until the butter melts. Stir until well blended and remove from heat. Pour over the nuts and toss to coat well. Let cool for at least 30 minutes.

3. To prepare salad: Whisk vinegar, honey, dry mustard, mustard, garlic, salt and hot sauce in a large bowl. Slowly add oil in a stream, whisking constantly, until thoroughly incorporated.

4. Drain the onion. Add greens, 1 cup feta, satsumas, the onion and pecans to the dressing and toss gently to coat. Serve topped with the remaining feta.

SERVES 12: 1½ cups each

Cal 214 **Fat** 18g (sat 5g) **Chol** 19mg **Carbs** 11g **Total sugars** 7g (added 3g) **Protein** 5g **Fiber** 2g **Sodium** 253mg **Potassium** 125mg.

THE LOUISIANA PANTRY

CANE VINEGAR

While it's made from fermented sugar cane, this mellow vinegar is no sweeter than other vinegars. Steen's Syrup makes their version with Louisiana-grown sugar cane. It's used for dressings, marinades and as the base for hot sauces.

PEPPER JELLY

This sweet, tangy and slightly spicy Southern staple is made with sugar, vinegar and peppers. Brigtsen likes mayhaw pepper jelly, made with the sweet juice of the mayhaw berry, grown throughout swampy areas of the Southeast.

SEASONING BLENDS

Chef Paul Prudhomme created his series of seasoning blends, which includes Seafood Magic and Meat Magic, in the early 1980s to share the flavors of his New Orleans restaurants. They typically include garlic, onion, salt and an array of spices that's heavy on paprika. Though they're widely available in major supermarkets, if you can't find Prudhomme's, swap in an all-purpose Cajun or Creole blend.

TABASCO

This iconic Louisiana hot sauce has changed little since it was developed in the 1860s—bright red *Capsicum frutescens* are ground, mixed with salt and fermented in oak barrels for 3 years before mixing with vinegar.

For more Cajun and Creole recipes to use these ingredients, hover your phone's camera over this smart code.

CREOLE MUSTARD

Defined by its horseradish flavor, Creole mustard gets its signature spice from the brown seeds of Louisiana-grown mustard greens.

"IF I CAN HELP, IF I CAN CREATE POSSIBILITIES, WHILE REMINDING PEOPLE OF THE IMPORTANCE OF THIS CULTURE AND CUISINE, I'LL DIE HAPPY."

—CHEF FRANK BRIGTSEN

Roast Pork Loin with Pepper Jelly Glaze

ACTIVE: 40 min **TOTAL:** 1¾ hrs

TO MAKE AHEAD: Marinate pork (Step 1) for up to 1 day. Refrigerate glaze (Step 3) for up to 4 days.

Chef Brigtsen makes homemade pepper jelly to glaze thick pork chops for Réveillon. He recommends two ways to simplify for the home cook: go for store-bought jelly and, instead of chops, a pork loin roast. (Photo: page 93.)

PORK & MARINADE

- **1 cup extra-virgin olive oil**
- **½ cup dry red wine**
- **1 tablespoon chopped fresh oregano**
- **1½ teaspoons chopped fresh thyme**
- **1½ teaspoons minced garlic**
- **¼ teaspoon salt**
- **⅛ teaspoon ground pepper**
- **2 pounds boneless pork loin roast**
- **2½ tablespoons Chef Paul Prudhomme's Meat Magic seasoning blend *(see opposite)***
- **2 tablespoons canola oil**

GLAZE

- **1 tablespoon canola oil**
- **⅓ cup finely diced red *and/or* green bell pepper**
- **½ cup finely diced onion**
- **2 tablespoons finely diced carrot**
- **¼ teaspoon salt**
- **Pinch of ground cumin**
- **⅔ cup low-sodium chicken broth**
- **½ cup pepper jelly *(see opposite)***
- **1½ teaspoons unseasoned rice vinegar**
- **1½ teaspoons cornstarch mixed with 1½ teaspoons cold water**

1. To marinate pork: Combine olive oil, wine, oregano, thyme, garlic, salt and pepper in a sealable plastic bag. Add the pork to the marinade. Refrigerate for least 1 hour or for up to 24 hours.

2. When ready to continue, preheat oven to 450°F. Line a large rimmed baking sheet with foil.

3. To prepare glaze: Heat 1 tablespoon canola oil in a medium saucepan over medium-high heat. Add bell pepper, onion and carrot. Cook, stirring occasionally, until the onion begins to brown, 5 to 7 minutes. Add salt and cumin; cook for 1 minute. Add broth, pepper jelly and vinegar. Bring the mixture to a boil. Reduce heat to low and simmer for 10 minutes. Return the mixture to a boil and add cornstarch mixture; cook, whisking, until thickened, about 1 minute. Cover and remove from heat.

4. To prepare pork: Remove the pork from the marinade (discard marinade) and season on all sides with seasoning blend. Heat 2 tablespoons canola oil in a large skillet over medium-high heat. Add the pork and cook, flipping occasionally, until browned on all sides, about 6 minutes total. Transfer to the prepared baking sheet. Roast for 10 minutes.

5. Spoon 2 tablespoons of the glaze over the pork and continue roasting, spooning 2 tablespoons glaze over the pork every 10 minutes, until an instant-read thermometer inserted in the thickest part registers 145°F, 25 to 35 minutes more. Transfer the pork to a clean cutting board. Tent with foil and let rest for 15 minutes.

6. Slice the pork and serve with the remaining glaze.

SERVES 8: 3 oz. pork & 2 Tbsp. glaze each

Cal 288 **Fat** 15g (sat 3g) **Chol** 57mg **Carbs** 15g **Total sugars** 14g (added 13g) **Protein** 22g **Fiber** 0g **Sodium** 318mg **Potassium** 334mg.

Crescent City Cornbread Dressing

ACTIVE: 1¼ hrs **TOTAL:** 3 hrs

TO MAKE AHEAD: Store cornbread (Steps 1-4) airtight at room temperature for up to 2 days.

This dressing is made with Brigtsen's cornbread which is sweet and flecked with scallions and jalapeños. If you want to streamline the dish, use store-bought cornbread. (Photo: page 92.)

CORNBREAD

- **¾ cup white whole-wheat flour**
- **¾ cup yellow cornmeal**
- **¼ cup granulated sugar**
- **1½ teaspoons baking powder**
- **1 teaspoon baking soda**
- **¼ teaspoon salt**
- **½ cup thinly sliced scallions**
- **2 teaspoons finely chopped jalapeño pepper**
- **2 large eggs**
- **1¼ cups buttermilk**
- **2 tablespoons butter, melted**

DRESSING

- **1 tablespoon grapeseed *or* canola oil**
- **8 cups finely diced onions, divided**
- **5 cups finely diced celery, divided**
- **3 cups finely diced red *and/or* green bell peppers, divided**
- **2 bay leaves**
- **1 teaspoon minced garlic**
- **¼ teaspoon salt**
- **½ teaspoon dried thyme**
- **¼ teaspoon ground pepper**
- **¼ teaspoon ground white pepper**
- **¼ teaspoon cayenne pepper**
- **¾ cup low-sodium chicken *or* turkey broth**
- **2 large eggs**
- **2 tablespoons butter, softened**

1. To prepare cornbread: Preheat oven to 350°F. Coat an 8-inch-square baking dish with cooking spray.

2. Whisk flour, cornmeal, sugar, baking powder, baking soda and salt in a large bowl. Stir in scallions and jalapeño.

3. Whisk eggs in a medium bowl until frothy. Add buttermilk and melted butter; whisk until blended. Add the wet ingredients to the dry ingredients and mix with a flexible spatula until well blended. Scrape the batter into the prepared baking dish.

4. Bake the cornbread until the top is browned and a toothpick inserted in the center comes out clean, 40 to 45 minutes. Let cool in the pan on a wire rack, about 30 minutes.

5. To prepare dressing: Preheat oven to 350°F. Coat a 9-by-13-inch baking dish with cooking spray.

6. Heat oil in a large pot over medium-high heat. Add 6 cups onions, 4 cups celery, 2 cups bell peppers and bay leaves. Cook, stirring frequently, until the vegetables are very tender and dark brown, about 15 minutes.

7. Add the remaining 2 cups onions, 1 cup each celery and bell peppers, garlic, salt, thyme, pepper, white pepper and cayenne. Cook, stirring occasionally, until the recently added onions are translucent, about 5 minutes. Remove from heat. Discard the bay leaves.

8. Crumble the cornbread and add to the vegetable mixture, along with broth; mix until well blended. Transfer the mixture to the prepared baking dish. Bake for 25 minutes.

9. Whisk eggs in a medium bowl until frothy. Add 3 large spoonfuls of the cornbread dressing, one at a time, mixing well after each spoonful. Fold the eggy mixture back into the dressing in the pan. Add butter and mix until well blended. Bake until the top is golden brown, 30 to 40 minutes more.

SERVES 10: about ¾ cup each

Cal 255 **Fat** 9g (sat 4g) **Chol** 88mg **Carbs** 38g **Total sugars** 15g (added 5g) **Protein** 8g **Fiber** 6g **Sodium** 459mg **Potassium** 560mg.

Chicken Tamales, page 104

"Tamales are pure comfort—fluffy, spongy corn cakes that smell minerally and earthy, and often stuffed with a spicy filling. They're labor-intensive to make, and as a mom to two small kids, I don't always have time. But tamales are a staple on our Christmas table, and something I'm definitely passing down to my kids."

LESLEY TÉLLEZ, journalist and recipe developer. Her book *Eat Mexico* is full of recipes from Mexico City.

WHAT THE PROS MAKE

This year we turn to a **DISTINGUISHED LINEUP OF FOOD EXPERTS** to find out what they cook when the holidays roll around.

Photography by **JENNIFER CAUSEY**
Illustrations by **JOEL KIMMEL**

Chicken Ballotine with Creamy Leek & Chestnut Stuffing, page 107

"Deboning a chicken and stuffing it (aka making a ballotine) transforms the humble chicken into a holiday-worthy roast. When sliced, one half is white meat and the other half is dark, so it's super-easy to please everyone."

NORA SINGLEY, food stylist. Follow her on Instagram @norasingley.

"My dad's birthday is just a week before Christmas, which means we celebrate twice each December. I gift him a special meal of favorites, including my take on Cantonese-style stir-fried lobster that's redolent with ginger and scallion."

ANDREA NGUYEN, author and cooking teacher. See more of her work at *vietworldkitchen.com*

Lobster, Ginger & Scallion Stir-Fry

ACTIVE: 50 min **TOTAL:** 1 hr 10 min

Nguyen makes a mild stock for the stir-fry with the lobster shells. Freeze the leftover stock for up to a month and use it to make soup. If you don't have a wok, fry the lobster in a medium saucepan and make the stir-fry in a large skillet.

- **6 uncooked lobster tails (1½-1¾ pounds total), thawed if frozen**
- **2 ¼-inch-thick slices fresh ginger, smashed, plus one 1½-inch knob, peeled and finely chopped**
- **½ small onion, sliced**
- **6 cups water**
- **⅓ cup chopped peeled Fuji apple *or* ⅛ ounce Chinese yellow rock sugar**
- **1 teaspoon kosher salt, divided**
- **⅓ cup cornstarch plus 1½ teaspoons, divided**
- **⅛ teaspoon ground white pepper**
- **1½ cups canola oil plus 2 tablespoons, divided**
- **1 tablespoon Shaoxing rice wine *or* dry sherry**
- **1½ teaspoons reduced-sodium tamari *or* soy sauce**
- **2 medium scallions, cut into 2-inch sections, white and green parts separated**
- **2 cups large snow peas, trimmed**

1. Twist and pull off the round tail fins from each lobster tail to release the flesh at the base. With the shell's curved side down, use kitchen shears to cut through the stiff white shell pieces and opaque white membrane. Flip the tail on its side and apply pressure to crack the shell. Pull out the lobster meat and set aside in the refrigerator. Reserve the lobster shells.

2. Cook ginger slices and onion in a large pot over medium heat, stirring, until fragrant, 1 to 2 minutes. Add the lobster shells and cook, stirring, until bright orange, 2 to 3 minutes. Add water, apple (or sugar) and ½ teaspoon salt. Bring to a simmer. Cook, uncovered, for 45 minutes. Strain the stock through a fine-mesh sieve. Discard the solids. Measure out ½ cup for the stir-fry (reserve the remainder for another use).

3. Combine ⅓ cup cornstarch, white pepper and the remaining ½ teaspoon salt in a shallow dish. Cut each lobster tail crosswise into 5 pieces. Add to the cornstarch mixture and toss to coat.

4. Pour 1½ cups oil into a large flat-bottom wok. Heat over medium-high heat to 375°F. In 2 or 3 batches, fry the lobster pieces, using a slotted spoon to agitate them and coat with hot oil. Fry until delicately crisp but not brown, 1 to 3 minutes. Transfer to a paper-towel-lined plate to drain. (Return the oil to 375° between batches.) Let the oil cool for 5 minutes then carefully pour it into a pot (discard the oil after cooling). Wash and dry the wok.

5. Whisk the reserved ½ cup lobster stock, rice wine (or sherry), tamari (or soy sauce) and the remaining 1½ teaspoons cornstarch in a small bowl. Heat the wok over high heat. Add the remaining 2 tablespoons oil, scallion whites and the chopped ginger; cook, stirring, until aromatic, about 30 seconds. Add snow peas and cook, stirring, until glistening, about 15 seconds. Return the lobster to the pan. Cook to heat through, 1 to 2 minutes.

6. Stir the lobster stock mixture, then pour it into the wok. Stir to combine. When the mixture begins to bubble, add scallion greens. Cook until the greens are barely wilted, about 15 seconds, then remove from heat. Serve immediately.

SERVES 4: 1 cup each

Cal 475 **Fat** 24g (sat 2g) **Chol** 138mg **Carbs** 20g **Total sugars** 2g (added 0g) **Protein** 42g **Fiber** 1g **Sodium** 709mg **Potassium** 353mg.

"Hasselback potatoes bring a playful note that I love due to their accordion-like appearance. Throw in that extra amount of crispness and flavor hidden in those folds and you'll see why you will always find some version of them at my holiday table."

NIK SHARMA, food writer and photographer. His latest book is *The Flavor Equation*.

Hasselback Potatoes with Cilantro-Peanut Dressing

ACTIVE: 30 min **TOTAL:** 1¼ hrs

Sharma tops these go-with-everything crispy potatoes with a vibrant green dressing that gets its savoriness from a hit of fish sauce.

- 8 small russet potatoes (about 5 ounces each), scrubbed
- 6 tablespoons extra-virgin olive oil, divided
- 1 teaspoon ground pepper
- ½ teaspoon salt
- Zest of 2 limes
- ½ cup lime juice
- 4 teaspoons fish sauce
- 2 teaspoons honey *or* maple syrup
- 1 cup chopped fresh cilantro
- ¾ cup unsalted peanuts, chopped and toasted
- 2 green chiles, such as jalapeños *or* serranos, minced
- 2 cloves garlic, grated

1. Preheat oven to 425°F. Line a baking sheet or roasting pan with foil.

2. Make cuts every ⅛ to ¼ inch in each potato, slicing deeply but not all the way through, to create a fanlike appearance. Brush the potatoes with 3 tablespoons oil, taking care to coat the cut surfaces well. Season with pepper and salt. Place the potatoes on the prepared pan. Roast until golden brown and slightly crispy, 1 to 1¼ hours.

3. Meanwhile, whisk the remaining 3 tablespoons oil, lime juice, fish sauce and honey (or maple syrup) in a small bowl. Add lime zest, cilantro, peanuts, chiles and garlic; mix well. Serve the potatoes drizzled with the dressing.

SERVES 8: 1 potato & 3 Tbsp. dressing each
Cal 301 **Fat** 17g (sat 3g) **Chol** 0mg **Carbs** 32g **Total sugars** 4g (added 1g) **Protein** 7g **Fiber** 3g **Sodium** 390mg **Potassium** 732mg.

TASTE BEYOND THE ORDINARY
MAILLE
Honey Dijon
MUSTARD
MAILLE
DEPUIS 1747
Dijon Originale
TRADITIONAL DIJON MUSTARD
MAILLE
Old Style
MUSTARD
MAILLE
MAISON FONDÉE EN 1747

"Cabbage and apples are often served with goose, the star of the Eastern European Jewish table at Hanukkah. This slaw isn't necessarily a typical accompaniment, but Jewish tradition thrives on a concept called hiddur mitzvah. It means to beautify the spiritual tradition by making it personal. This slaw is my way of doing that."

MICHAEL TWITTY, food writer and culinary historian. Read his work at *afroculinaria.com.*

Sour Apple Slaw

ACTIVE: 20 min **TOTAL:** 45 min

Twitty celebrates Hanukkah's miracle of oil by making fried chicken and latkes. He serves up this sweet and tangy slaw alongside.

- **8 cups shredded green cabbage (½ medium head)**
- **1½ teaspoons salt**
- **¼ cup cider vinegar**
- **2 tablespoons maple syrup**
- **1 teaspoon Dijon mustard**
- **½ teaspoon ground pepper**
- **3 medium Granny Smith apples, julienned *or* shredded**
- **3 cups spinach leaves, thinly sliced**
- **2 scallions, sliced**
- **1 teaspoon minced fresh flat-leaf parsley**
- **1 teaspoon minced fresh tarragon**

1. Toss cabbage and salt in a colander set over a large bowl. Let the cabbage wilt for 30 minutes.

2. Plunge the cabbage into a bowl of cold water. Drain and pat dry.

3. Whisk vinegar, maple syrup, mustard and pepper in a large bowl. Add the cabbage, apples, spinach, scallions, parsley and tarragon; toss to coat well.

SERVES 12: about ⅔ cup each

Cal 48 **Fat** 0g (sat 0g) **Chol** 0mg **Carbs** 11g **Total sugars** 8g (added 2g) **Protein** 1g **Fiber** 3g **Sodium** 215mg **Potassium** 192mg.

Chicken Tamales

ACTIVE: 2 hrs **TOTAL:** 2 hrs 50 min

TO MAKE AHEAD: Refrigerate for up to 3 days.

Téllez says the secret to a good tamale is mixing the dough until it's as airy as possible. You'll want to break out your stand mixer for this process. If you don't have one, use an electric hand mixer and enlist your family and friends to take turns—it can take up to 30 minutes to achieve the optimal texture without a stand mixer.

(Photo: page 98.)

- **1 pound boneless, skinless chicken thighs *or* turkey thighs**
- **½ medium white onion, cut into 2 wedges, divided**
- **1 clove garlic, peeled, plus 2 cloves, minced**
- **1 450-gram package cornhusks**
- **1 tablespoon plus 1¼ cups corn oil *or* other neutral cooking oil, divided**
- **3 plum tomatoes, seeded and coarsely chopped**
- **2 canned chipotles in adobo, minced, plus 1 tablespoon adobo sauce**
- **½ teaspoon Mexican oregano**
- **½ teaspoon ground pepper**
- **1-3½ cups unsalted chicken broth, divided**
- **2¼ teaspoons kosher salt, divided**
- **2 pounds freshly ground corn masa *or* 3 cups masa harina**
- **1½ teaspoons baking powder**
- **Salsa, Mexican crema (*or* sour cream) & sliced avocado for serving**

1. Place chicken (or turkey), 1 onion wedge and whole garlic clove in a medium saucepan and cover with cold water. Bring to a boil over high heat. Reduce heat to a low simmer, cover

(continued on page 107)

STYLING: RISHON HANNER (FOOD), CLAIRE SPOLLEN (PROPS)

Crispy Grilled Cheese Sandwich with Thanksgiving Leftovers

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Breyers

Want to see how to debone a chicken and make the ballotine? Just hover your phone's camera over this smart code.

(continued from page 104)

and cook until an instant-read thermometer inserted in the thickest part registers 165°F, about 12 minutes. Transfer the meat to a clean cutting board to cool. Shred the meat.

2. Meanwhile, soak cornhusks in a large pot or bowl of hot water. Weigh the husks down so they stay submerged.

3. Chop the remaining onion wedge. Heat 1 tablespoon oil in a medium saucepan over medium heat. Add the chopped onion; cook, stirring occasionally, until translucent, 2 to 3 minutes. Add minced garlic; cook, stirring constantly, until aromatic, about 30 seconds. Add tomatoes and cook, stirring, until they soften into a thick, chunky paste, 3 to 5 minutes. Stir in the shredded meat, chipotles, adobo sauce, oregano, pepper and ½ cup broth. Stir in ¼ teaspoon salt and bring to a boil. Lower the heat, cover and cook for 5 minutes. Transfer to a bowl and set aside.

4. If using fresh masa, put it in a large bowl and add ½ cup broth. Knead with your hands until a wet dough forms. (If using masa harina, place it in a large bowl and add 2¼ cups broth. Mix until evenly moist and soft.)

5. Pour the remaining 1¼ cups oil into the bowl of a stand mixer fitted with the paddle attachment. Add the dough, 1 tablespoon at a time, to the oil while mixing on low speed and working up to medium speed once the dough comes together.

6. Add baking powder and the remaining 2 teaspoons salt. (If using masa harina, add an additional ½ to ¾ cup broth if the dough seems stiff.) Mix on high speed for 10 minutes, scraping down the sides as needed, until the dough is smooth and fluffy.

7. To assemble tamales: Remove a husk from the water and pat dry. Choose the largest, thickest husks that don't have any holes. Peel off and discard any dried corn silk.

8. Use a rubber spatula to spread about ½ cup of dough (or less: the amount will depend on the size of your husk) in a rectangle on the husk, leaving about 3 inches of space on the narrower end of the husk, where you'll fold it closed, and 2 inches of space on the other end. Using a slotted spoon, add about 1 tablespoon of the reserved filling down the middle of the dough. Bring one end of the husk toward the other and press together lightly to seal the dough inside the husk. (If the filling spills out, you've added too much, but you can spoon a little more masa on top of any leaks.) Tuck the edges of the husk under each other to form a long tube. Hold the tube vertically and press firmly on the bottom edge of the tamale to seal. Fold the husk back in the place where you've sealed it. Place on a baking sheet and repeat to make the remaining tamales.

9. Add 1 inch of water to a large pot fitted with a steamer basket. Line the basket with a layer of husks. Bring the water to a light boil. Add the tamales carefully in a vertical position. Steam, adding more water if necessary, until the husk just starts to pull away from the dough, 35 to 40 minutes.

10. Using tongs, transfer the tamales to a baking sheet; let cool for 15 minutes. Serve the tamales with salsa, crema (or sour cream) and avocado, if desired.

MAKES: 12-15 tamales (depending on husk size), 1 tamale each

Cal 565 **Fat** 30g (sat 4g) **Chol** 25mg **Carbs** 61g **Total sugars** 3g (added 0g) **Protein** 15g **Fiber** 6g **Sodium** 753mg **Potassium** 384mg.

Chicken Ballotine with Creamy Leek & Chestnut Stuffing

ACTIVE: 1 hr 20 min
TOTAL: 2 hrs (including deboning time)
EQUIPMENT: Kitchen string

We're not going to lie—deboning a chicken and rolling it into a ballotine takes time and skill. Our recommendation: get your butcher to debone the bird, then you can stuff and roll it. (If you really want to tackle the project, soup to nuts, scan the code, above, to see how to do it.) **(Photo: page 100.)**

- **2 cups cubed whole-wheat country bread (¼-inch pieces)**
- **2 tablespoons extra-virgin olive oil, divided**
- **2 tablespoons unsalted butter, divided**
- **4 cups sliced leeks (about 3 medium)**
- **1½ teaspoons kosher salt, divided**
- **½ teaspoon ground pepper, divided**
- **¼ cup dry vermouth plus 2 tablespoons, divided**
- **½ cup heavy cream**
- **1½ cups coarsely chopped jarred *or* vacuum-packed chestnuts (7 ounces)**
- **½ cup chopped fresh herbs, such as parsley, rosemary, sage *and/or* thyme**
- **1 4-pound whole chicken, deboned**

1. Preheat oven to 350°F. Place bread cubes on a large rimmed baking sheet and bake until dry and toasted, 12 to 15 minutes. Transfer to a large bowl. Increase oven temperature to 400°.

2. Meanwhile, heat 1 tablespoon each oil and butter in a large skillet over medium-high heat. When the foaming subsides, add leeks, ½ teaspoon salt and ¼ teaspoon pepper. Cook, stirring occasionally and adjusting the heat as necessary, until light golden brown, 8 to 10 minutes. Add ¼ cup vermouth and cook, stirring, for 1 minute. Add cream and cook until slightly thickened, about 1 minute more. Scrape the mixture into the bowl with the bread. Add chestnuts and herbs and stir to coat.

3. Place the chicken on a work surface, skin-side down and legs facing downward. Season with ½ teaspoon salt and ⅛ teaspoon pepper. Using a small spoon or your fingers, stuff the leg cavities with as much of the bread mixture as will fit. Spread the remaining bread mixture over the surface of the breast meat. Working from the long side of the breast, fold the chicken tightly into the middle. Repeat with the other side, so that it overlaps the other half slightly. Roll and flip the chicken so that the seam is facedown and the skin is faceup.

4. Starting at the top of the breast, truss the bird, making slipknots by looping kitchen string around and under the chicken repeatedly, at approximately 1-inch intervals. When you reach the bottom, turn the chicken over and thread the twine over and under each of the horizontal strings created during the first step of trussing. Tie the 2 ends of the string together, pulling to tighten and secure. Tuck in any stuffing that has fallen out. Season the outside of the chicken with the remaining ½ teaspoon salt and ⅛ teaspoon pepper.

5. Heat the remaining 1 tablespoon oil in a large ovenproof skillet over medium-high heat. Add the chicken to the pan, seam-side up. Cook, turning occasionally, until browned on all sides, about 10 minutes total. Position the chicken seam-side down and transfer the pan to the oven. Roast until an instant-read thermometer inserted in the center of the stuffing registers 165°F, 40 to 45 minutes.

6. Transfer the chicken to a clean cutting board and let rest for 10 minutes. Meanwhile, skim fat from the pan drippings. Place the pan over medium heat. Add the remaining 2 tablespoons vermouth and cook, scraping up the browned bits, until the liquid has nearly evaporated, about 3 minutes. Add the remaining 1 tablespoon butter and swirl the pan until it's melted.

7. Remove string from the chicken and cut into ½-inch-thick slices. Serve drizzled with the pan sauce.

SERVES 10: 1 slice each

Cal 504 **Fat** 28g (sat 10g) **Chol** 133mg **Carbs** 21g **Total sugars** 4g (added 0g) **Protein** 38g **Fiber** 2g **Sodium** 461mg **Potassium** 525mg.

FEED THEM BRUNCH

HOLIDAYS MEAN HOUSEGUESTS and that means besides dinner, you need to figure out a morning meal. Sweet-potato-flecked biscuit sandwiches, a spiced pumpkin English muffin bake and more are sure to please your pajama-clad visitors.

Photography by CAROLINE FENNESSY CAMPION Photography by GREG DUPREE

Hearty Breakfast Salad with Roasted Cabbage & Baked Feta, p.110

Sweet Potato Biscuit Sandwiches with Egg, Kale & Cheddar, p.114 *(opposite)*

Spicy Pickled Bloody Marys

ACTIVE: 15 min **TOTAL:** 15 min
TO MAKE AHEAD: Refrigerate drink mix (Step 1) for up to 2 days.
EQUIPMENT: Eight 4- to 6-inch skewers
Unlike the wan concoction found at your airport lounge, this mix packs a punch with a good slug of hot sauce and tangy pickle juice.

- 3 cups low-sodium vegetable juice
- 1½ cups dill pickle juice plus 8 pickle spears (from a 24-ounce jar)
- 1½ cups vodka
- Juice of 1 large lemon, plus 1 lemon cut into 8 slices, divided
- 1 tablespoon hot sauce
- 1 teaspoon prepared horseradish
- 1 teaspoon Worcestershire sauce
- ½ teaspoon ground pepper
- 8 pitted olives
- 8 spicy pickled string beans
- Ice and lime wedges for serving
- 8 stalks celery

1. Mix vegetable juice, pickle juice, vodka, lemon juice, hot sauce, horseradish, Worcestershire and pepper in a large pitcher.
2. Thread 1 olive, 1 pickled bean and 1 lemon slice onto each of 8 skewers.
3. Fill 8 glasses with ice. Stir the mix in the pitcher to make sure it is well combined, then divide among the glasses. Garnish each with 1 vegetable skewer, 1 celery stalk, 1 pickle spear and a lime wedge, if desired. Serve immediately.
SERVES 8: ¾ cup each
Cal 147 **Fat** 1g (sat 0g) **Chol** 0mg **Carbs** 8g **Total sugars** 5g (added 1g) **Protein** 1g **Fiber** 2g **Sodium** 578mg **Potassium** 372mg.

Hearty Breakfast Salad with Roasted Cabbage & Baked Feta

ACTIVE: 30 min **TOTAL:** 1 hr
TO MAKE AHEAD: Refrigerate dressing (Step 4) for up to 2 days.
EQUIPMENT: Parchment paper
Put the components out buffet-style so guests can build their own meals. (Photo: page 109.)

- 1 small red cabbage, cut into 6 wedges
- 4 tablespoons extra-virgin olive oil plus ⅓ cup, divided
- ¾ teaspoon salt, divided
- ¼ teaspoon ground pepper plus ⅛ teaspoon, divided
- 1 6- or 7-ounce block feta cheese, drained
- 1 teaspoon dried thyme
- ½ teaspoon smoked paprika
- 1 ripe avocado
- 1 cup chopped fresh parsley, divided
- 3 tablespoons rice vinegar
- 2 cups water
- 2 cups whole-wheat couscous
- Zest and juice of 1 lemon
- 6 large hard-boiled eggs, halved

1. Preheat oven to 425°F. Line a large rimmed baking sheet with parchment paper.
2. Place cabbage on the prepared baking sheet. Drizzle with 2 tablespoons oil and season with ¼ teaspoon each salt and pepper. Roast for 25 minutes.
3. Turn the wedges, separating the leaves a little bit to ensure even cooking. Place feta block in the middle of the pan; drizzle it with 1 tablespoon oil and sprinkle with thyme and paprika. Continue roasting until the feta is softened and the cabbage is very tender, about 8 minutes more.
4. Combine avocado, ¾ cup parsley, vinegar, ¼ teaspoon salt and the remaining ⅛ teaspoon pepper in a blender. Process until just combined. With the motor running, slowly drizzle in ⅓ cup oil.
5. Bring water to a boil in a small saucepan. Add couscous and the remaining ¼ teaspoon salt and stir to combine. Cover and remove from heat. Let stand for 5 minutes. Add lemon zest, lemon juice and the remaining 1 tablespoon oil; fluff with a fork.
6. Assemble the bowls with the couscous, cabbage, feta and eggs. Dollop the dressing on top and sprinkle with the remaining ¼ cup parsley.
SERVES 6: 2½ cups salad & 3 Tbsp. dressing each
Cal 660 **Fat** 38g (sat 10g) **Chol** 211mg **Carbs** 63g **Total sugars** 7g (added 0g) **Protein** 22g **Fiber** 14g **Sodium** 658mg **Potassium** 568mg.

STYLING: CHELSEA ZIMMER (FOOD), AUDREY DAVIS (PROPS)

Smoked Salmon Flatbread with Whipped Beet Labneh

ACTIVE: 25 min **TOTAL:** 1¾ hrs

Labneh is a strained yogurt that's so thick you can spread it. If you can't find it, use Greek yogurt. Or make your own labneh: Line a fine-mesh sieve with four layers of cheesecloth and place over a bowl deep enough to leave 2 inches between the bottom of the sieve and the bowl. Mix 1½ cups whole-milk plain Greek yogurt with ¼ tsp. salt and pour into the sieve. Refrigerate until very thick, 8 to 12 hours.

- **12 ounces small-to-medium beets, scrubbed**
- **2 teaspoons extra-virgin olive oil plus 5 tablespoons, divided**
- **4 whole-wheat flatbreads, such as whole-grain naan**
- **1⅓ cups labneh *or* whole-milk plain Greek yogurt, divided**
- **2 teaspoons lemon zest**
- **3 tablespoons lemon juice, divided**
- **½ teaspoon salt, divided**
- **4 cups packed arugula**
- **⅛ teaspoon ground pepper**
- **8 ounces smoked salmon, torn into slivers**

1. Preheat oven to 425°F. Place each beet on a square of foil and drizzle with some of the 2 teaspoons oil. Wrap tightly and place on a baking sheet. Roast until you can easily pierce the beet with the tip of a sharp knife, about 45 minutes. Unwrap the beets and set aside until cool enough to handle, about 30 minutes. Peel and refrigerate until chilled, about 15 minutes.

2. Meanwhile, reduce oven temperature to 350°. Place flatbreads on the baking sheet and brush both sides with 1 tablespoon oil. Bake the flatbreads until slightly crispy around the edges, about 10 minutes.

3. Combine the beets, 1 cup labneh (or yogurt), 2 tablespoons oil, lemon zest, 1½ tablespoons lemon juice and ¼ teaspoon salt in a food processor; process until smooth.

4. Toss arugula with the remaining 2 tablespoons oil, 1½ tablespoons lemon juice, ¼ teaspoon salt and pepper in a medium bowl.

5. Spread the beet mixture on the flatbreads and divide the arugula and smoked salmon among them. Dollop the remaining ⅓ cup labneh (or yogurt) on top.

SERVES 8: ½ flatbread each

Cal 338 **Fat** 17g (sat 4g) **Chol** 13mg **Carbs** 31g **Total sugars** 7g (added 0g) **Protein** 15g **Fiber** 4g **Sodium** 635mg **Potassium** 396mg.

Pumpkin Pie English Muffin Bake

ACTIVE: 25 min **TOTAL:** 2 hrs 10 min
TO MAKE AHEAD: Prepare through Step 4 and refrigerate for up to 12 hours.

This dish is perfect for when you have to feed a crowd and want to get some of the preparation out of the way the night before. It will fill your kitchen with the smell of spices and pumpkin while it's baking, bringing people to the table without you even having to ask.

- **6 whole-wheat English muffins, cut into 1-inch pieces**
- **2 firm apples, such as Honeycrisp *or* Pink Lady, peeled and chopped**
- **¾ cup raisins, divided**
- **1 teaspoon ground cinnamon**
- **4 large eggs, lightly beaten**
- **3 cups oat milk *or* low-fat milk**
- **1 15-ounce can unseasoned pumpkin puree**
- **¾ cup packed light brown sugar**
- **1 teaspoon salt**
- **½ teaspoon ground ginger**
- **¼ teaspoon ground cloves**

1. Preheat oven to 350°F. Coat a 3-quart baking dish with cooking spray.
2. Place English muffin pieces on a large rimmed baking sheet. Bake until lightly toasted, about 10 minutes.
3. Combine apples, ½ cup raisins and cinnamon in a large bowl. Add the English muffin pieces and toss to combine. Transfer to the prepared baking dish, spreading into a single layer and redistributing any raisins that fall to the bottom.
4. Whisk eggs, milk, pumpkin, brown sugar, salt, ginger and cloves in a medium bowl until smooth. Pour over the bread mixture and press down so everything is submerged. Sprinkle the remaining ¼ cup raisins over the top. Cover with plastic wrap, pressing it down so it's directly on the surface. Refrigerate for least 1 hour or up to 12 hours.
5. Bake the casserole at 350° until browned and a little crispy around the edges, but still creamy in the middle, 50 minutes to 1 hour. Let cool slightly before serving.

SERVES 12: about 1 cup each
Cal 219 **Fat** 2g (sat 1g) **Chol** 62mg **Carbs** 44g **Total sugars** 27g (added 14g) **Protein** 6g **Fiber** 5g **Sodium** 370mg **Potassium** 334mg.

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the Holiday Table

No matter how big or small your gathering is this year, it's more important than ever to celebrate with the ones you love. This holiday season is sure to be unique, so why not take the opportunity to try a few new recipes? We think these crowd-pleasing dishes will be a wonderful addition to your menu.

We've partnered with chef and culinary stylist **Ashton Keefe** to create these delicious recipes for your holiday table. For more seasonal inspiration and recipes, give her a follow **@ashtonkeefe**.

Mushroom and Sausage Stuffing

SERVES 8–12

The ultimate side! And this one will feed a crowd. There are few dishes more delicious for the holiday table than those made with **Jimmy Dean® sausage**. Feel free to use whatever mushrooms or bread you have on hand or prefer.

INGREDIENTS

1 large loaf of bread, torn into bite-size peices
1 stick of butter, melted
Extra-virgin olive oil, as needed
2 packages **Jimmy Dean® Premium Pork Regular Sausage**
3 lb. assorted mushrooms such as cremini or shiitake, chopped into 1-inch pieces
2 teaspoons salt, divided
1 onion, chopped
5–6 cloves of garlic, sliced
1 tablespoon chopped fresh thyme
1 tablespoon chopped fresh sage
4 eggs, whisked
3–4 cups low-sodium chicken stock
1 bunch parsley, chopped and divided

DIRECTIONS

1. Preheat oven to 375°F. Grease a high-sided 9"x12" or similar-size pan with cooking spray or butter.
2. Spread torn bread on a baking sheet and toss with half the butter. Place in the oven and toast bread for 10 to 12 minutes until golden brown. Pour into a large bowl. This is where you'll make your stuffing.
3. Heat a large high-sided pan or dutch oven over medium-high heat and add a glug of olive oil. Add **Jimmy Dean® Premium Pork Sausage** and break up using the back of a spoon. Cook undisturbed until browned and stir as needed to brown all sides, about 8–10 minutes. Spoon sausage and drippings into the bowl with the bread.
4. Add olive oil and mushrooms to the pan and cook for 3–5 minutes until browned and softened. Cook in batches if necessary. Season with 1 teaspoon salt. Add to the bowl with bread and sausage.
5. Add another glug of olive oil and sauté onion, garlic, thyme and sage, cooking until just fragrant. Add to the bowl.
6. Add the remaining 1 teaspoon salt, eggs, chicken stock and half of the parsley to the bowl and mix well. Fill the greased baking dish and cover with tin foil. Bake for 45 minutes. Remove foil and cook for an additional 15 to 20 minutes or until golden brown.
7. Drizzle with the remaining butter and garnish with the remaining chopped parsley.

White Chocolate and Cranberry Blondies

MAKES 12 BARS

Use **Reynolds Kitchens® Parchment Paper with SmartGrid®** to line your baking dish and then cut equal-size treats for your friends and family—in person or with a baked-good drop-off.

INGREDIENTS

2 sticks butter, melted
2 cups light brown sugar
2 eggs
1 teaspoon vanilla extract
1¾ cups all-purpose flour
½ teaspoon baking powder
½ teaspoon salt
1 cup white chocolate chunks
1 cup dried cranberries

ICING

½ lemon, juiced
½ cup powdered sugar

DIRECTIONS

1. Preheat oven to 350°F. Line a 9"x9" baking dish with **Reynolds Kitchens® Parchment Paper with SmartGrid®**.
2. In a large bowl, whisk together butter, brown sugar, eggs, vanilla extract, flour, baking powder and salt. Switching to a rubber spatula or big spoon, fold in white chocolate and cranberries. Pour the batter into the prepared baking dish.
3. Bake until set on top and golden brown, 30 to 35 minutes. Let cool completely.
4. To make the icing, mix lemon juice and powdered sugar with a whisk or fork. Drizzle over the blondies.
5. Cut blondies using **Reynolds Kitchens® Parchment Paper with SmartGrid®** as a guide for even-sized treats.

Sweet Potato Biscuit Sandwiches with Egg, Kale & Cheddar

ACTIVE: 40 min **TOTAL:** 1¼ hrs
EQUIPMENT: Parchment paper
Roasted sweet potato gives these biscuits their moist texture and orange hue. (Photo: page 108.)

- **1 medium sweet potato (12 ounces), scrubbed**
- **3 cups packed chopped kale**
- **2 tablespoons extra-virgin olive oil, divided**
- **2 teaspoons lemon juice**
- **1 teaspoon salt, divided**
- **¾ cup all-purpose flour**
- **¾ cup white whole-wheat flour**
- **1 tablespoon baking powder**
- **4 tablespoons (½ stick) cold unsalted butter, cut into 4 pieces**
- **¾ cup buttermilk**
- **8 large eggs**
- **2 tablespoons chopped fresh chives**
- **¼ teaspoon ground pepper**
- **3 ounces sharp Cheddar cheese, cut into 8 pieces**

1. Preheat oven to 425°F. Line a small baking pan with foil and a baking sheet with parchment paper.
2. Poke sweet potato all over with a fork and place on the foil-lined pan. Roast until tender, about 40 minutes. Let stand until cool enough to handle, about 15 minutes. Slice open, scoop out the flesh and mash until smooth. Refrigerate the mashed sweet potato. Increase oven temperature to 450°F.
3. Meanwhile, place kale, 1 tablespoon oil, lemon juice and ¼ teaspoon salt in a large bowl. Rub the kale until it turns a darker shade of green and reduces in volume. Set aside.
4. Combine all-purpose flour, whole-wheat flour, baking powder and ½ teaspoon salt in a large bowl. Add butter and use a pastry blender or 2 knives to cut it into the flour mixture until pea-size lumps form.
5. Combine buttermilk and the mashed sweet potato in a medium bowl or measuring cup. Make a well in the middle of the flour mixture and gradually pour in the sweet potato mixture. Gently fold the mixture into the flour with a flexible spatula. Stop mixing just when there is no dry flour visible and the dough begins to pull away from the sides.
6. Divide the dough into 8 pieces and roughly shape into biscuits. Space the biscuits 2 inches apart on the prepared baking sheet. Bake until light golden on top, about 15 minutes. Transfer the biscuits to a wire rack and let cool for 15 minutes.
7. Heat the remaining 1 tablespoon oil in a large nonstick skillet over medium heat. Crack all 8 eggs into the pan and cook for 1 minute. Cover the pan and cook until the whites are set, but the yolks are still runny, 1 to 2 minutes more. Remove from heat. Sprinkle the eggs with chives, pepper and the remaining ¼ teaspoon salt. Partially cover to keep warm.
8. Slice the biscuits. Place a piece of Cheddar on each of the bottom halves and top with an egg and some of the kale. Cover with the biscuit tops.
SERVES 8: 1 sandwich each
Cal 329 **Fat** 18g (sat 8g) **Chol** 213mg **Carbs** 29g **Total sugars** 4g (added 0g) **Protein** 13g **Fiber** 3g **Sodium** 676mg **Potassium** 377mg.

Mango Coconut Muffins

ACTIVE: 20 min **TOTAL:** 1 hr 20 min (including cooling time)
TO MAKE AHEAD: Individually wrap and store at room temperature for up to 2 days or freeze for up to 1 month.
EQUIPMENT: Muffin tin with 12 (½-cup) cups, paper liners
These muffins get a double punch of coconut flavor from coconut flour in the batter and a sprinkle of shredded coconut on top.

- **1 cup white whole-wheat flour**
- **½ cup coconut flour**
- **1½ teaspoons baking powder**
- **½ teaspoon baking soda**
- **½ teaspoon salt**
- **2 large eggs**
- **½ cup grapeseed *or* canola oil**
- **½ cup whole-milk plain yogurt**
- **½ cup granulated sugar**
- **¼ cup packed light brown sugar**
- **1 ripe mango, chopped**
- **3 tablespoons shredded unsweetened coconut**

1. Preheat oven to 350°F. Line 12 muffin cups with paper liners.
2. Whisk whole-wheat flour, coconut flour, baking powder, baking soda and salt in a medium bowl. Whisk eggs, oil, yogurt, granulated sugar and brown sugar in a large bowl. Add mango and stir to combine. Gently fold the flour mixture into the mango mixture. Divide the batter among the prepared muffin cups and sprinkle with coconut.
3. Bake until the tops spring back when touched lightly and the coconut is golden brown, 25 to 30 minutes. Let the muffins cool in the pan for 5 minutes, then transfer to a wire rack to cool to room temperature.
SERVES 12: 1 muffin each
Cal 220 **Fat** 12g (sat 3g) **Chol** 32mg **Carbs** 26g **Total sugars** 16g (added 13g) **Protein** 4g **Fiber** 3g **Sodium** 240mg **Potassium** 54mg.

CAROLINE FENNESSY CAMPION's *cookbooks include* Keepers *and* The Dinner Plan.

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SMARTS FROM OUR TEST KITCHEN

Gifts Sure to Impress

(Get it?) Test Kitchen picks that the food lover in your life wouldn't think to buy for themselves—but will be delighted to unwrap.

By Lucy M. Clark

1 Cast-Iron Tortilla Press Turn your giftee on to homemade-tortilla making (cue the "Hallelujah" chorus). Because rarely does anything from the store even come close to the flavor and texture of fresh ones—they'll never go back! $30, *williams-sonoma.com*

2 Rainbow Chopsticks We can't resist a good ROYGBIV display—especially in reusable utensil form. Your sushi-obsessed cousin's table setting just got even prettier. $40, *store.moma.org*

3 Anolon 12-Imprint Ravioli Press with Mini Rolling Pin This set makes handmade ravioli speedier and practically guarantees great results: the serrations on the tray's rim perfectly score pasta-sheet edges, while the indents lower the odds of overfilling. And that mini rolling pin is *way* too cute. $15, *amazon.com*

4 Rabbit Wine Charms Bottle Stopper Each of the 8 wineglass charms on this brilliant bottle stopper snap back onto the stopper after use, making it less likely Aunt Terry will lose them. $10, *rabbitwine.com*

5 Norm Architects Bottle Grinders These sleek grinders have multiple settings—coarse to super-fine—for salt and pepper or other whole spices. They also pull apart for easy refilling in the large base. How many grinders can you say *that* about? $80, *menudesignshop.com*

6 BonJour 5-Piece Crème Brûlée Torch and Ramekin Set Could they live without a mini flame-thrower? Yes. Would their life be 100% better with one? Heck yes. It guarantees the perfect crackly crème brûlée crust every time. $40, *potsandpans.com*

7 Kuhn Rikon Paring Knife Colori This super-sharp ceramic knife comes in an array of colors like Tangerine, Dragonfruit and Unicorn (*shown*). And the cover makes reaching into the kitchen drawer less perilous. $10, *kuhnrikonshop.com*

8 OXO Good Grips Chef's Mandoline Slicer 2.0 Razor-thin radishes, matchstick fries and frankly whatever else they're dreaming of slicing is just this mandoline away. It makes 21 different cuts, plus the whole thing folds down for compact storage. $85, *oxo.com*

THIS PAGE & PREVIOUS: JENNIFER CAUSEY; STYLING: RISHON HANNERS (FOOD), AUDREY DAVIS (PROPS)

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Disposal Do's & Don'ts

Cleaning expert Melissa Maker—of YouTube *Clean My Space* fame—shares garbage disposal best practices. (We recommend checking her list, twice.)

By Lucy M. Clark

Like a composter, a kitchen garbage disposal is meant for food scraps—and it's great for some items you can't compost at home. "They are *glorious*!" says Maker—particularly during the flurry of holiday food prep. Disposals are built to pulverize everything into small particles that, once washed down the drain, often wind up at your local wastewater-treatment plant and get processed into biofuel and fertilizer for farms. (Note: Some municipalities discourage or ban kitchen disposals. And if you have a septic system, check with a professional before buying one.) Here, Maker's top tips for maintenance:

DON'T put anything in your garbage disposal that isn't biodegradable. "Food scraps only!" Maker says. And keep stringy or fibrous scraps, such as cornhusks or celery stalks, out. These can get tangled and cause clogs.

DO toss *smallish* bones in. Think: fish bones and littler chicken bones. Grinding something hard helps clean and clear your disposal for better performance. (Most disposals can handle these bones, and some are even built to, but read the owner's manual first.)

DON'T put fats, oils or grease down the disposal. "Over time these build up and cause clogs and odors," Maker says. Instead, dispose of them per the rules of your local municipal waste service (some commercial composters accept these).

DO use cold water—not hot—when running the appliance. It keeps any grease or fat that inevitably does get in there in solid form, helping it move further downstream and preventing blockages.

DO invest in a cleaning brush. Maker likes the Mr. Scrappy Universal Garbage Disposal Brush ($8, *walmart.com*): "It looks like an aggressive mascara wand and is designed to fit right into the disposal where food can get caught."

DON'T use bleach or drain cleaners on it. "These can damage the unit itself," Maker says. Instead, freshen regularly with ½ cup of baking soda, poured down the disposal (as it's running) with cool water. Then on with the daily grind!

At Your Disposal

Our Test Kitchen took a look at what's new and noteworthy in garbage disposals right now. Here are three standouts:

Moen garbage disposals come in various levels of horsepower (read: pulverizing capability). Options range from a ⅓-horsepower series, meant for soft food scraps like cereal and fruit skins, to their **Chef Series EX Series 1 Horsepower Lighted Garbage Disposal,** built for large fruit pits and chicken bones. Motion-sensor technology illuminates the storage space below whenever your cabinet door is opened. ($239, *homedepot.com*)

With a "finer grind and jam-free guarantee," **GE Appliances Disposall Green Food Waste Disposer** churns food into teenier pieces than most other brands do, helping ensure kitchen pipes stay clear of clogs. This model is also septic-system friendly—though we still recommend checking with a pro. ($149, *homedepot.com*)

The **Evolution Compact Garbage Disposal by InSinkErator** is perfectly sized for small households or cabinet spaces. And it's part of the brand's "Quiet Series" of disposals for good reason: it has an anti-vibration mount and extra noise-reducing measures built in—so you don't need to yell over it while it's running. ($209, *build.com*)

JOE SCHMELZER/OFFSET.COM; INSET: SHAYNE GRAY

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Next-Level 'Nog

Making a healthier version of this holiday classic—that still tastes luscious—all comes down to choosing the right ingredients. **By Adam Dolge**

Egg Yolks
Traditionally, raw eggs yolks are used to thicken the custard base, but we wanted to find a way to make it without the food-safety risk of uncooked eggs. In our recipe we warm the yolks briefly in hot milk (so they reach 160°F) to kill any potentially harmful bacteria. This process also thickens the mixture, giving it a silky consistency—the heat makes the proteins in the egg yolks coagulate, adding body and creaminess to the eggnog. Yum!

Low-Fat Milk
Whole milk often serves as the base of this cocktail, but we chose low-fat (1%) to cut back on calories and reduce the amount of saturated fat (opting for low-fat milk cuts about 2 grams of sat fat from each serving of eggnog). Plus, the egg yolks and light cream add plenty of richness without it.

Light Cream
Our cocktail is finished with light cream that is either whisked or shaken to create a foamy top. Many recipes use egg whites to create this effect, but our choice is not only safer than raw eggs, it also adds richness. Light cream is somewhere between half-and-half and whipping cream in terms of fat content: about 12% for half-and-half, 20% for light cream, 35% for whipping cream and 38% for heavy cream.

Pure Vanilla Extract
Not all vanillas are created equal. Skip the imitation kind (which has a weaker vanilla flavor and can taste bitter) and look for pure vanilla extract, which is FDA-regulated. Per FDA standards, products labeled "vanilla extract" must be made from vanilla beans. The pretenders (which are labeled "imitation vanilla," "artificially flavored" or just "vanilla flavoring") are made from synthetic vanillin that comes from a variety of sources, including wood pulp.

Fresh Nutmeg
The spicy-woody scent of nutmeg is classic to eggnog. Freshly grating whole nutmeg with a zester—instead of using the preground stuff—unleashes the volatile oils found within the seed, which makes for a more assertive, complex flavor.

Eggnog

ACTIVE: 20 min **TOTAL:** 4 hrs 20 min (including chilling time)
TO MAKE AHEAD: Refrigerate the base (Steps 1-3) for up to 2 days.

- **6 large egg yolks**
- **½ cup granulated sugar**
- **6 cups low-fat milk**
- **½ teaspoon freshly grated nutmeg, plus more for garnish**
- **1½ teaspoons vanilla extract**
- **9 ounces bourbon *or* rum**
- **6 tablespoons light cream**

1. Whisk egg yolks and sugar in a medium bowl until pale yellow and smooth, 1 to 2 minutes.
2. Set a fine-mesh sieve over a bowl and place it near the stove. Heat milk and nutmeg in a medium saucepan over medium-high heat until steaming, about 10 minutes. Remove from heat. Whisking constantly, ladle ¼ cup of the hot milk into the egg mixture. Continue to add the hot milk, ¼ cup at a time, until all of it has been whisked in.
3. Return the mixture to the pan and cook over medium heat, stirring constantly with a wooden spoon, until the custard thickens enough to coat the back of the spoon and the temperature reaches 160°F, about 1 minute. Do not let it boil. Working quickly, pour the custard through the sieve into the bowl. Stir in vanilla. Transfer the eggnog base to a heatproof storage container and refrigerate until cold, 4 hours or up to 2 days.
4. Stir bourbon (or rum) into the eggnog base. Lightly whisk cream until foamy and stir into the eggnog. Garnish with more nutmeg, if desired. **To prepare just one cocktail:** Combine ½ cup eggnog base, ¾ ounce bourbon (or rum) and 1½ teaspoons cream in a cocktail shaker. Shake vigorously. Pour into a glass and garnish with nutmeg.
SERVES 12: about 5 oz. each
Cal 184 **Fat** 6g (sat 3g) **Chol** 107mg **Carbs** 15g **Total sugars** 15g (added 8g) **Protein** 6g **Fiber** 0g **Sodium** 61mg **Potassium** 201mg.

ILLUSTRATIONS BY EMMA DIBBEN

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Breakfast & Brunch																				
65	Bean & Cheese Pancake Taco	230	30	0	11	5	310	15							■			■		■
65	Berries & Chocolate Pancake Taco	234	38	2	5	4	160	99							■			■		■
65	Cinnamon Apple Pancake Taco	198	27	0	6	3	175	110							■			■		■
65	Egg & Sausage Pancake Taco	327	25	4	20	2	426	152							■			■		
110	Hearty Breakfast Salad with Roasted Cabbage & Baked Feta	660	63	0	22	14	658	568	27	23	26	49		94						■
65	PB&B&B Pancake Taco	310	36	0	11	4	343	256							■			■		
112	Pumpkin Pie English Muffin Bake	219	44	14	6	5	370	334	24			112						■		■
111	Smoked Salmon Flatbread with Whipped Beet Labneh	338	31	0	15	4	635	396										■		
65	Southwest Tofu Scramble Pancake Taco	260	25	0	8	6	271	325							■			■		■
114	Sweet Potato Biscuit Sandwiches with Egg, Kale & Cheddar	329	29	0	13	3	676	377	26		20	188						■		■
Drinks																				
68	Apple Pie Mimosa	106	13	11	0	0	0	2							■	■			■	■
68	Bourbon Caramel Apple Cocktail	178	17	1	0	0	4	1							■	■				■
68	Crisp Apple-Ginger Cocktail	162	13	6	0	0	5	2							■	■			■	■
122	Eggnog	184	15	8	6	0	61	201								■		■		■
68	Sparkling Cranberry Cider Mocktail	86	21	10	0	0	19	13							■	■			■	■
68	Spiced Rum Apple Spritzer	151	13	0	0	0	6	1							■	■			■	■
110	Spicy Pickled Bloody Marys	147	8	1	1	2	578	372				35		34	■	■				
Appetizers																				
56	Jalapeño Cheese Ball	48	1	0	2	0	121	18								■		■		■
56	Pumpkin Spice Cheese Ball	65	6	1	2	0	103	29								■				■
56	Saffron-Raisin Cheese Ball	54	3	0	2	0	112	45								■		■		■
Salads & Sides																				
50	Beet Salad with Yogurt Bulgur & Herbs	218	19	0	6	4	310	508		32										■
52	Cauliflower with Peppadew Peppers & Raisins	126	14	0	3	3	329	446						78	■	■		■	■	■
52	Creamed Brussels Sprouts	193	22	0	9	5	298	645	22	23		28		86	■					■
97	Crescent City Cornbread Dressing	255	38	5	8	6	459	560		20		40		78						
102	Hasselback Potatoes with Cilantro-Peanut Dressing	301	32	1	7	3	390	732						20		■				
96	Satsuma Salad with Spiced Pecans, Pickled Red Onion & Cane Vinaigrette	214	11	3	5	2	253	125				36		25		■				■
104	Sour Apple Slaw	48	11	2	1	3	215	192						22	■	■	■	■	■	■
Vegetarian																				
32	Butternut Squash & Spinach Lasagna	314	29	0	16	3	449	266	37			150		26						■
48	Mushroom Paprikash	414	50	0	12	7	387	700							■					■
34	Pull-Apart Antipasto Sliders	320	32	0	11	3	805	104	26						■					■
Chicken																				
39	Ancho-Spiced Chicken with Grapefruit Salsa	238	19	3	27	3	407	243				40		50	■	■		■		
36	Chicken & Hominy Stew with Greens	431	32	0	32	8	566	964	22		29	86		119	■	■		■		
107	Chicken Ballotine with Creamy Leek & Chestnut Stuffing	504	21	0	38	2	461	525				23								
104	Chicken Tamales	565	61	0	15	6	753	384								■				
47	Creamy Mustard Chicken Thighs	302	4	0	22	1	431	223							■	■		■		
Fish & Seafood																				
94	BBQ Shrimp with Shrimp Calas Griddlecakes	325	29	1	14	2	530	226	23											
42	Gochugaru-Spiced Shrimp & Black Rice Bowls	388	44	1	28	7	542	567		30	21	191		20	■	■		■		
101	Lobster, Ginger & Scallion Stir-Fry	475	20	0	42	1	709	353								■				
43	Pan-Roasted Sesame Salmon	265	6	1	29	1	561	591					100		■			■		
Beef, Pork & Lamb																				
55	Braised Brisket with Carrots & Prunes	227	17	0	25	2	415	447				53	28					■		
40	Meatballs with Lemon-Garlic Orzo	586	37	0	32	8	649	459	23				45	31	■			■		
97	Roast Pork Loin with Pepper Jelly Glaze	288	15	13	22	0	318	334								■		■		
Desserts & Baked Goods																				
84	Chouquettes	19	2	1	1	0	16	9										■		■
83	Coffee Stars	83	13	8	1	0	35	24										■		■
85	Little Miracles	47	4	1	1	0	16	6										■		■
114	Mango Coconut Muffins	220	26	13	4	3	240	54												■
86	Pistachio Buttons	167	16	6	3	1	48	89												■
58	Pumpkin Swirl Cheesecake	286	34	19	6	1	307	170				91								■
85	Ruby Thumbprints	75	10	6	1	0	50	20										■		■
85	Snowy Peaks	94	9	4	2	1	30	50								■		■		■
94	Sweet Potato Bread Pudding with Pecan Praline Sauce	256	32	13	7	2	173	227				50								■

Wielding Knife Skills for Good

Nonprofit Kitchens for Good offers culinary job training and hunger relief for Californians in need. **By Lindsay Warner**

PHOTO BY TANVEER BADAL

THE SITUATION

Imagine if the world judged you for the worst moments in your life—we all have them—for the rest of your life. "I've been in and out of the prison system for the last 10 years due to drug addiction," says Melinda Rodriguez. "Coming out of prison, it isn't easy to find a job: a lot of people look down on you. I've been to interviews where as soon as I tell them I have been incarcerated, interview's over. Because they look at us as somebody they don't want to take a chance on." But at San Diego's Kitchens for Good, people with backgrounds like this are exactly who this nonprofit is taking a chance on.

COOKING UP A FRESH START

Senior director Aviva Paley *(pictured)* and chef Chuck Samuelson co-founded Kitchens for Good in 2014 to provide 20 months of free, culinary job training for people transitioning out of incarceration, homelessness and foster care. "I have been in many of the bad places our students have been," Samuelson says. "We as an organization understand them." Apprentices start with a 12-week prep course where they learn both knife skills and life skills, and progress to 17 months of paid, on-the-job training with the organization's restaurant and hotel partners. The organization also transforms surplus and cosmetically imperfect food from wholesalers and farmers into 2,000 meals per week for the hungry.

PAYING IT FORWARD

Kitchens for Good has graduated 302 apprentices to date—including Rodriguez—boasting an 85% post-graduation job placement rate. (Typical employment rates are 57% and 73%, respectively, for transitional foster youth and previously incarcerated individuals.) This fiscal year, Paley says their goal is to train 148 apprentices *and* prepare 275,000 meals for the hungry as the COVID-19 pandemic continues. "Prior to Kitchens for Good, I was homeless, with little hope for my future," says graduate Karen Marcum. "I feel blessed to be able to give back. The kitchen has been a bright spot during this dark time."

Hover your phone's camera over this smart code to watch a video about Kitchens for Good.

EATINGWELL® (ISSN 1046_1639), December 2020, Volume XIX, No. 10, is published 10 times/year in January/February, March, April, May, June, July/August, September, October, November and December by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices: $24.95 per year in the U.S.; $29.95 (U.S. dollars) in Canada; $34.95 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DMM 507.15.2); NON-POSTAL AND MILITARY FACILITIES: send address corrections to EATINGWELL, P.O. Box 37508, Boone, IA 50037-0508. In Canada: mailed under Publications Mail Sales Product Agreement No. 40069223; Canadian BN 12348 2887 RT. Your bank may provide updates to the card information we have on file. You may opt out of this service at any time. ©Meredith Corporation 2020. All rights reserved. Printed in the U.S.A.

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